AIR-FRIED CRUMBED CHICKEN TENDERLOINS

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4

- **1 egg**
- **½ cup panko bread crumbs**
- **2 Tbsp. vegetable oil or butter**
- **8 chicken tenderloins or sliced chicken breast**

1. Preheat an air fryer to 350°F.
2. Whisk egg in a small bowl. In another bowl, stir together panko and oil until loose and crumbly. Dip chicken into egg, shaking off any excess. Dredge in panko mixture to coat completely.
3. Working in batches, transfer chicken to fryer basket. Cook about 12 minutes or until an instant-read thermometer inserted into centers registers 165°F.

HEALTHY *QUICK*

PER 2-TENDERLOIN SERVING: 253 CAL; 11G FAT (2G SAT); 26G PRO; 10G CARB (1G FIBER, 26G SUGARS); 171MG SODIUM

allrecipes
"My husband loves chicken so much more than I do, so I'm always looking for new ways to serve it so we can both enjoy it. The crust on these tenderloins definitely appeal to his fried-chicken obsession, and I'm happy that they're tenderloins (as I don't like anything on the bone). A win-win for us both!"
– MRSWOLFIE
AIR-FRIED CRUMBED CHICKEN TENDERLOINS
HANDS-ON 15 MIN TOTAL 30 MIN SERVES 4
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½ cup panko bread cru
2 Tbsp. vegeta
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AVOCADO FRIES

HANDS-ON 15 MIN TOTAL 30 MIN SERVES 4

- ½ cup flour
- 1½ tsp. black pepper
- 2 eggs
- 1 Tbsp. water
- ½ cup panko bread crumbs
- 2 avocados, peeled, pitted, each cut into 8 wedges
- ¼ tsp. kosher salt
- ¼ cup no-salt-added ketchup
- 2 Tbsp. canola mayonnaise
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. sriracha sauce

1. Preheat an air fryer to 400°F.
2. Stir together flour and pepper in a shallow dish. Lightly beat eggs and the water in a second shallow dish. Put panko in a third shallow dish. Dredge avocado wedges in flour, shaking off excess. Dip in egg mixture, allowing any excess to drip off. Dredge in panko, pressing to adhere. Coat well with cooking spray.
3. Transfer avocado to fryer basket. Cook, turning over halfway through, until golden, 7 to 8 minutes. Remove from air fryer and sprinkle with salt.
4. Meanwhile, whisk together ketchup, mayonnaise, vinegar, and sriracha in a small bowl. Serve with avocado fries.

QUICK VEGETARIAN

PER SERVING (4 FRIES AND 2 TBSP. SAUCE): 262 CAL; 18G FAT (3G SAT); 5G PRO; 23G CARB (7G FIBER, 5G SUGARS); 306MG SODIUM

DESSERTS

AVOCADO SOFT ICE CREAM

Who says you can't have ice cream? This homemade avocado soft-scoop is even vegan, too

INGREDIENTS

2 *ripe avocados*
250 ml | 8 fl oz | 1 cup *coconut milk, full-fat*
1 tbsp *lemon juice*
1 tbsp *MCT oil, or raw coconut oil, see Hints*
2 tbsp *granulated stevia*
1 pinch *salt*
2 tbsp *unsweetened coconut flakes, toasted, to serve*

METHOD

Halve, pit, and peel the avocados. Dice the flesh and transfer to a food processor or blender.

Add the coconut milk, lemon juice, MCT oil (or coconut oil), stevia, and salt. Cover and process until smooth, scraping down the sides as needed.

Transfer the mixture to an ice cream machine and churn according to the manufacturer's instructions until softly frozen, about 15-25 minutes usually; you can also pour the mixture into a freezer-proof container, covering and freezing until firm, about 4 hours.

Turn out into bowls or cups and serve immediately, garnished with toasted coconut flakes.

INFORMATION

PREP TIME:
35 minutes

FREEZING TIME:
4 hours

SERVINGS:
4

DIFFICULTY:
Easy

CAN BE FROZEN

TIPS

MCT oil is available from good online retailers or specialist health food shops

AVOCADO SOFT ICE CREAM
TIPS
MCT oil is available from good online retailers or specialist health food shops
NUTRITIONAL INFORMATION
Cal: 259
Protein (g): 2.9
Carbs (g): 9.2
Sugars (g): 0.7
Fat (g): 24.5
Sat. fat (g): 12.6
Fibre (g): 6.2
Sodium (g): 0.1

5 | THURSDAY

Chipotle Chicken Quinoa Burrito Bowl

ACTIVE: 30 min
TOTAL: 30 min
This chipotle-flavored burrito bowl recipe is even better than takeout and just as fast. Loading it with vegetables and using quinoa in place of rice adds nutrition for a healthy dinner.

- 1 tablespoon finely chopped chipotle peppers in adobo sauce
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- 1 pound boneless, skinless chicken breast
- ¼ teaspoon salt
- 2 cups cooked quinoa
- 2 cups shredded romaine lettuce
- 1 cup canned pinto beans, rinsed
- 1 ripe avocado, diced
- ¼ cup prepared pico de gallo or other salsa
- ¼ cup shredded Cheddar or Monterey Jack cheese
- Lime wedges for serving

1. Preheat grill to medium-high or preheat broiler.
2. Combine chipotles, oil, garlic powder and cumin in a small bowl.
3. Oil the grill rack or a rimmed baking sheet, if broiling. Season chicken with salt. Grill the chicken for 5 minutes or broil it on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze and continue cooking until an instant-read thermometer inserted in the thickest part registers 165°F, 3 to 5 minutes more on the grill or 9 minutes more under the broiler. Transfer to a clean cutting board. Chop into bite-size pieces.
4. Assemble each burrito bowl with ½ cup quinoa, ½ cup chicken, ½ cup lettuce, ¼ cup beans, ¼ avocado, 1 tablespoon pico de gallo (or other salsa) and 1 tablespoon cheese. Serve with a lime wedge.

SERVES 4: 1 BURRITO BOWL, ABOUT 2½ CUPS EACH
CAL 452 **FAT** 19G (SAT 4G) **CHOL** 90MG **CARBS** 36G **TOTAL SUGARS** 3G (ADDED 0G) **PROTEIN** 36G **FIBER** 9G **SODIUM** 462MG **POTASSIUM** 995MG

5 | THURSDAY

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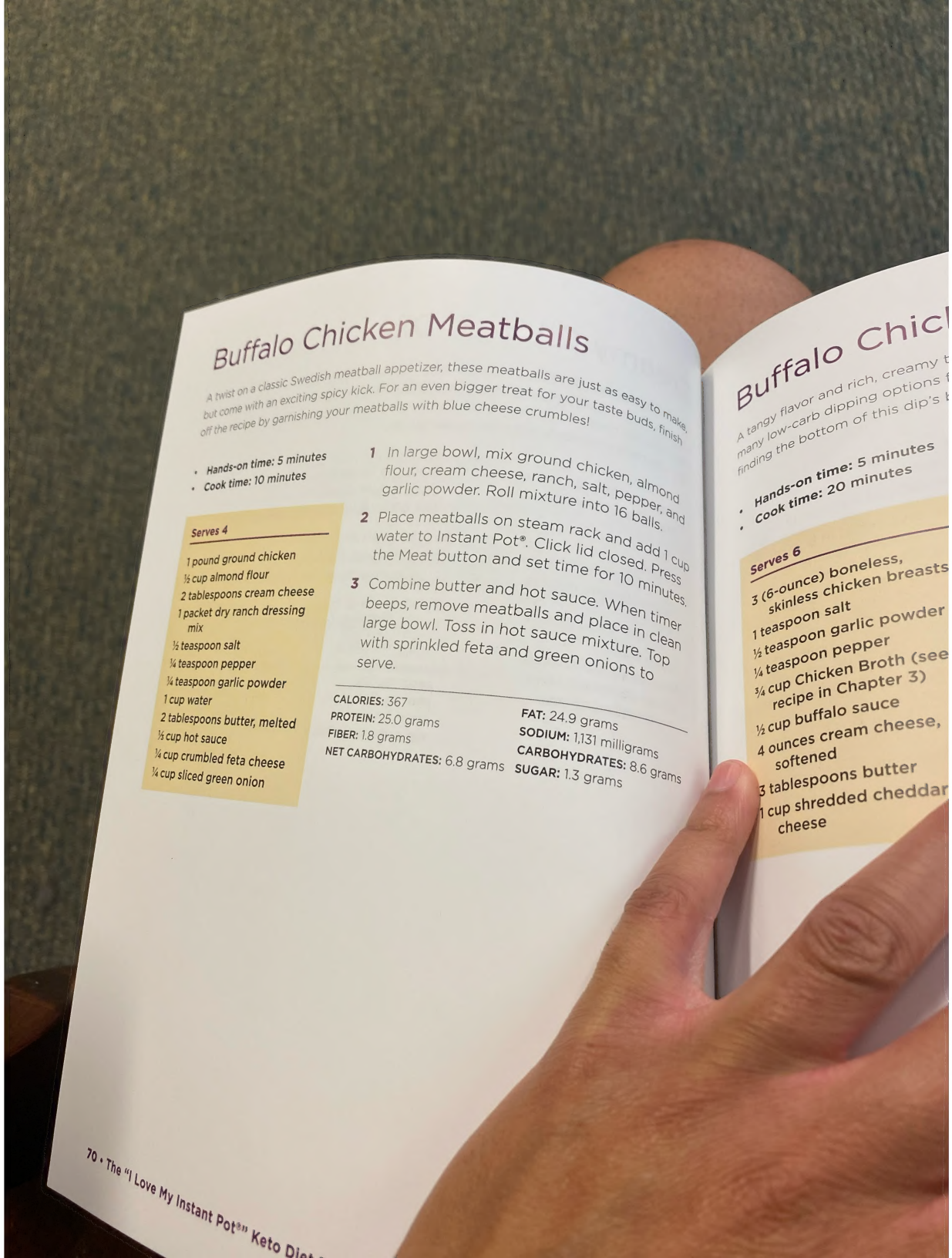

Buffalo Chicken Meatballs

A twist on a classic Swedish meatball appetizer, these meatballs are just as easy to make, but come with an exciting spicy kick. For an even bigger treat for your taste buds, finish off the recipe by garnishing your meatballs with blue cheese crumbles!

- **Hands-on time:** 5 minutes
- **Cook time:** 10 minutes

Serves 4

- 1 pound ground chicken
- ½ cup almond flour
- 2 tablespoons cream cheese
- 1 packet dry ranch dressing mix
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- 1 cup water
- 2 tablespoons butter, melted
- ⅓ cup hot sauce
- ¼ cup crumbled feta cheese
- ¼ cup sliced green onion

1. In large bowl, mix ground chicken, almond flour, cream cheese, ranch, salt, pepper, and garlic powder. Roll mixture into 16 balls.
2. Place meatballs on steam rack and add 1 cup water to Instant Pot®. Click lid closed. Press the Meat button and set time for 10 minutes.
3. Combine butter and hot sauce. When timer beeps, remove meatballs and place in clean large bowl. Toss in hot sauce mixture. Top with sprinkled feta and green onions to serve.

CALORIES: 367
FAT: 24.9 grams
PROTEIN: 25.0 grams
SODIUM: 1,131 milligrams
FIBER: 1.8 grams
CARBOHYDRATES: 8.6 grams
NET CARBOHYDRATES: 6.8 grams
SUGAR: 1.3 grams

Buffalo Chic

A tangy flavor and rich, creamy t
many low-carb dipping options f
finding the bottom of this dip's b

- **Hands-on time:** 5 minutes
- **Cook time:** 20 minutes

Serves 6

- 3 (6-ounce) boneless, skinless chicken breasts
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- ¾ cup Chicken Broth (see recipe in Chapter 3)
- ½ cup buffalo sauce
- 4 ounces cream cheese, softened
- 3 tablespoons butter
- 1 cup shredded cheddar cheese

tballs

eatballs are just as easy to make. reat for your taste buds, finish se crumbles!

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24.9 grams
UM: 1,131 milligrams
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: 1.3 grams

Buffalo Chicken Dip

A tangy flavor and rich, creamy texture make this recipe a go-to on game day. With so many low-carb dipping options from pork rinds to celery sticks, you'll have no trouble finding the bottom of this dip's bowl!

- **Hands-on time: 5 minutes**
- **Cook time: 20 minutes**

Serves 6

3 (6-ounce) boneless, skinless chicken breasts
1 teaspoon salt
½ teaspoon garlic powder
¼ teaspoon pepper
¾ cup Chicken Broth (see recipe in Chapter 3)
½ cup buffalo sauce
4 ounces cream cheese, softened
3 tablespoons butter
1 cup shredded cheddar cheese

1 Place chicken breasts in Instant Pot® and sprinkle both sides with salt, garlic powder, and pepper. Add broth and buffalo sauce to pot. Click lid closed and press the Manual button to adjust time for 20 minutes.

2 When timer beeps, allow a 5-minute natural release and then quick-release the remaining pressure. Shred chicken with two forks and mix in cream cheese, butter, and cheddar.

CALORIES: 297
PROTEIN: 25.1 grams
FIBER: 0.1 grams
NET CARBOHYDRATES: 1.2 grams
FAT: 20.4 grams
SODIUM: 1,230 milligrams
CARBOHYDRATES: 1.3 grams
SUGAR: 0.7 grams

nt Green Smoothie (page

MAC AND CHEESE

Serves 4

Prep Time: 5 minutes, Cook Time: 5 minutes, Total Time: 10 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 10 Minutes or Less, Kid Friendly

Macaroni and cheese is a comfort food classic, and this Instant Pot keto variation will help to satisfy all those cravings. By using cauliflower instead of macaroni, we stay in ketosis, but still capture the familiar flavor and texture of the traditional dish. Try topping with a little ground turmeric, to pack in even more nutrition. Or, mix with a little bit of cooked lobster, to really add some decadence!

4 tablespoons grass-fed butter, softened
1 cup full-fat Cheddar cheese, shredded
1 cup full-fat Monterey Jack cheese, shredded
1 head cauliflower, chopped
½ cup heavy whipping cream
½ cup full-fat Parmesan cheese, grated
½ teaspoon cayenne pepper, ground
½ teaspoon freshly ground black pepper
½ teaspoon kosher salt

Nutrition Facts
Amount per serving
Calories 489
Total Fat 41.6g
Total Carbohydrate 5.8g
Dietary Fiber 1.8g
Total Sugars 1.9g
Protein 24.6g

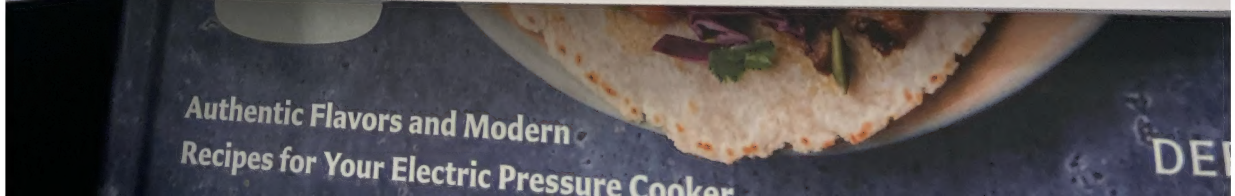
Pour 2 cups of filtered water into the Instant Pot, then insert the trivet. In a large bowl, combine all ingredients, mixing thoroughly. Transfer this mixture into a well-greased, Instant Pot–friendly dish.

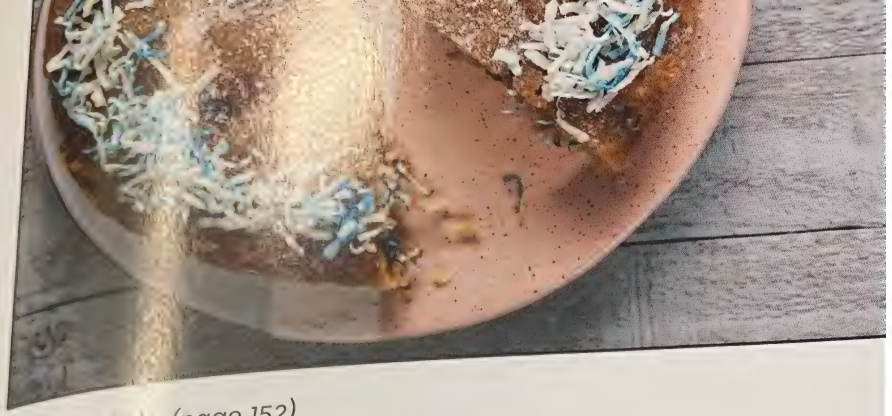
Place the dish onto the trivet, and cover loosely with aluminum foil. Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 5 minutes on high pressure, and let cook.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting.

Open the Instant Pot, and remove the dish. Let cool, serve, and enjoy!

NOTE: If you would like a crunchier top, carefully place the dish under a broiler for 2 to 3 minutes (or until reaching desired texture).





Coconut Cake (page 152)

Mac and Cheese (page 137)

CHIPOTLE-LIME ROASTED CHICKEN

Serves 4

- One 3- to 4-pound whole chicken
- 3 teaspoons kosher salt
- 9 garlic cloves, peeled (about 3 tablespoons)
- ¼ cup chipotle chiles in adobo sauce
- 2 tablespoons fresh lime juice
- 1 teaspoon olive oil
- ¾ cup chicken broth
- 1 tablespoon cornstarch
- 2 tablespoons white wine
- ¼ cup chopped fresh cilantro leaves
- Lime wedges for serving

Yes, you can roast a whole chicken in the Instant Pot! It doesn't brown, but after cooking, simply run it under the broiler to get a nice crispy finish—a good hack for anything you want to brown or crisp up. During cooking, the foil keeps the breast moist. Serve with Papas con Crema y Chiles (page 109).

Season the chicken inside and out with 2 teaspoons of the salt. Place on a large plate, cover, and refrigerate for about 1 hour.

Using a small food processor or mortar and pestle, puree the garlic, chipotle chiles, lime juice, oil, and the remaining 1 teaspoon salt to a smooth paste. Divide the paste evenly between two small bowls.

Using paper towels, wipe the chicken dry, inside and out. Rub the outside of the chicken with half of the chipotle paste, then, using kitchen twine, tie the legs together and tuck the wing tips behind the back.

Pour the broth into the Instant Pot. Place a long-handled wire rack in the pot and set the chicken breast up on the rack. Cut a 6-inch square of aluminum foil or parchment paper and place it on the breast to help protect it from overcooking.

Secure the lid and set the Pressure Release to **Sealing**. Press **Meat/Stew**, then set the cooking time for 20 minutes.

When the cooking program is complete, press **Cancel**. Perform a quick pressure release by moving the Pressure Release to **Venting**.

Open the pot. Wearing heat-resistant mitts, grasp the rack's handles and carefully lift the chicken out of the pot, setting it on a large plate. Remove and discard the foil from the breast. Let cool for about 5 minutes. Leave the cooking liquid in the Instant Pot.

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warmed sauce

Sprinkle the
on the side.

OASTED CHICKEN

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During cooking, the foil keeps the
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t/Stew, then set

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Preheat the broiler with a rack positioned about 6 inches below the element.

Transfer the chicken to a cutting board. Cut the chicken in half with a large, sharp knife by first cutting down through the breastbone, then on both sides of the backbone. Remove the backbone. Place the halves skin side up on a broiler pan, then brush with the reserved chipotle paste. Broil for 4 to 6 minutes, until browned. Transfer the chicken to a warmed serving platter.

While chicken is broiling, press **Sauté—high** on the Instant Pot. Bring the cooking liquid to a boil and cook for about 2 minutes, until thickened. In a small bowl, stir together the cornstarch and wine, then whisk the mixture into the cooking liquid, along with any accumulated juices from the chicken. Bring to a simmer, stirring constantly, and cook for about 1 minute, until thickened. Taste and adjust the seasoning with salt if needed. Pour the sauce through a fine-mesh strainer into a warmed sauceboat or small bowl.

Sprinkle the chicken with the cilantro and serve with the sauce and lime wedges on the side.

CHICKEN BARBACOA

In Mexico, barbacoa is traditionally made with goat or lamb, which is cooked overnight in agave leaves with spices and aromatics. Here, the mildly spicy flavors of a traditional barbacoa are paired with boneless chicken thighs, cooked in an easy salsa. Serve with fresh limes, diced onions, and plenty of cilantro to spark up the flavor. Warm tortillas, rice, and beans and ice-cold beer are the essential accompaniments!

Serves 4 to 6

1 Roma tomato, cored and cut into quarters
½ cup diced white or yellow onion
2 garlic cloves, peeled
2 teaspoons minced fresh ginger
2 tablespoons guajillo or California chile powder
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper
1 serrano chile, stemmed
2 tablespoons vegetable oil
2½ pounds boneless, skinless chicken thighs
½ cup chicken broth
¼ cup dark beer
1 tablespoon tequila
1 tablespoon cider vinegar
¼ cup minced fresh cilantro leaves

FOR SERVING

Warmed corn tortillas
Arroz Blanco (page 134)
Basic Black Beans (see Notes, page 23) or Cowboy Pinto Beans (page 129)
Limes wedges
Diced white onion
Chopped fresh cilantro leaves

In a blender, combine the tomato, onion, garlic, ginger, ground chile, salt, pepper, and serrano chile. Blend until very smooth.

Press ***Sauté—high*** *on the Instant Pot and heat the oil. Add the chicken in a single layer, cooking in batches if necessary, and cook until well browned on both sides, about 4 minutes per side. Transfer to a large plate.*

Pour the tomato-chile puree into the pot and cook, stirring occasionally, for 3 to 5 minutes, until slightly thickened. Stir in the broth, beer, tequila, vinegar, and cilantro, scraping up any browned bits from the bottom of the pot. Return the chicken to the pot, arranging the pieces in an even layer, then pour in any accumulated juices. Press ***Cancel****. Secure the lid and set the Pressure Release to* ***Sealing****. Press* ***Meat/Stew****, then set the cooking time for 15 minutes.*

When the cooking program is complete, press ***Cancel****. Perform a quick pressure release by moving the Pressure Release to* ***Venting****. Open the pot and let cool for about 15 minutes. Taste and adjust the seasoning with salt and pepper if needed.*

Serve the barbacoa with warmed tortillas, rice, beans, lime wedges, diced onion, and cilantro on the side.

CHICKEN BARBACOA

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Serves 4 to 6

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- ½ cup diced white or yellow onion
- 2 garlic cloves, peeled
- 2 teaspoons minced fresh ginger
- 2 tablespoons guajillo or California chile powder
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 serrano chile, stemmed
- 2 tablespoons vegetable oil
- 2½ pounds boneless, skinless chicken thighs
- ½ cup chicken broth
- ¼ cup dark beer
- 1 tablespoon tequila
- 1 tablespoon cider vinegar
- ¼ cup minced fresh cilantro leaves

FOR SERVING

- Warmed corn tortillas
- Arroz Blanco (page 134)
- Basic Black Beans (see Notes, page 23) or Cowboy Pinto Beans (page 129)
- Limes wedges
- Diced white onion
- Chopped fresh cilantro leaves

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6:11 LTE

WI-FI
now
Available Wi-Fi Network
"Walmartwifi_2.4" is an available network nearby.

Please turn Safari reader mode OFF to view ingredients.

- [ ] 3 lb **Beef brisket or chuck roast** (trimmed and cut into 2 inch chunks)
- [ ] 1/2 cup **Beef broth** (or chicken broth)
- [ ] 2 medium **Chipotle chiles in adobo** (including the sauce, about 4 tsp)
- [ ] 5 cloves **Garlic** (minced)
- [ ] 2 tbsp **Apple cider vinegar**
- [ ] 2 tbsp **Lime juice**
- [ ] 1 tbsp **Dried oregano**
- [ ] 2 tsp **Cumin**
- [ ] 2 tsp **Sea salt**
- [ ] 1 tsp **Black pepper**
- [ ] 1/2 tsp **Ground cloves** (optional)
- [ ] 2 whole **Bay leaf**

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6:11 LTE
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INGREDIENTS

Nutrition

⅓	cup apple cider vinegar
4	teaspoons minced garlic cloves
4	teaspoons cumin
2	teaspoons oregano
1	teaspoon ground black pepper
1	teaspoon salt
½	teaspoon ground cloves
2	tablespoons vegetable oil
¾	cup chicken broth
3	bay leaves
3	tablespoons lime juice
3 -4	chipotle chiles in adobo
4 -5	lbs chuck roast

6:11 LTE

WI-FI
now
Available Wi-Fi Network
"Walmartwifi_2.4" is an available network nearby.

Please turn Safari reader mode OFF to view ingredients.

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- [ ] 2 tsp **Sea salt**
- [ ] 1 tsp **Black pepper**
- [ ] 1/2 tsp **Ground cloves** (optional)
- [ ] 2 whole **Bay leaf**

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TXU energy
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Details here. REP #10004

INSPIRED BY:
BARBACOA

SLOW-COOKER BARBACOA

My husband adores this roast simmered in lime juice, chipotle and cumin. I serve it over rice flavored with cilantro and more lime juice.
—Aundrea McCormick, Denver, CO

PREP: 45 min. • **COOK:** 7 hours • **MAKES:** 8 servings

¼ cup lime juice
¼ cup cider vinegar
3 chipotle peppers in adobo sauce
4 garlic cloves, thinly sliced
4 tsp. ground cumin
3 tsp. dried oregano
1½ tsp. pepper
¾ tsp. salt
½ tsp. ground cloves
1 cup reduced-sodium chicken broth
1 boneless beef chuck roast (3 to 4 lbs.)
3 bay leaves

RICE
3 cups water
2 cups uncooked jasmine rice, rinsed and drained
3 Tbsp. butter
1½ tsp. salt
½ cup minced fresh cilantro
2 Tbsp. lime juice

1. Place the first 9 ingredients in a blender; cover and process until smooth. Add broth; pulse to combine.
2. Place roast and bay leaves in a 4- or 5-qt. slow cooker; pour sauce over top. Cook, covered, on low until meat is tender, 7-9 hours.
3. Prepare rice about 30 minutes before serving. In a large saucepan, combine water, rice, butter and salt; bring to a boil. Reduce heat; simmer, covered, until the liquid is absorbed and the rice is tender, 12-15 minutes. Remove from heat; gently stir in the minced cilantro and lime juice.
4. Remove roast from slow cooker; cool slightly. Discard bay leaves and skim fat from cooking juices. Shred beef with 2 forks; return to slow cooker. Serve with rice.

¼ CUP BEEF MIXTURE WITH ⅔ CUP COOKED RICE: 513 cal., 21g fat (9g sat. fat), 122mg chol., 882mg sod., 40g carb. (1g sugars, 1g fiber), 37g pro.

TASTEOFHOME.COM

FLUFFY GARLIC MASHED POTATOES

serves 6

gluten-free, nut-free, soy-free, no added sugar

I've been making mashed potatoes for family holidays since I was fifteen years old. Using the Instant Pot is, without a doubt, the easiest method I've tried yet. Typically, I spend up to an hour waiting for the potatoes to reach a boil, then check every few minutes for fork-tenderness. And the potatoes usually don't cook evenly. Now I swear by the Instant Pot for making mashed potatoes, as it's foolproof, stress-free, and takes a fraction of the time.

Russet potatoes are your best bet for light and fluffy mashed potatoes, as they are a high-starch potato. You can also use medium-starch Yukon Gold potatoes, which have less inherent fluffiness but more flavor. Want the best of both worlds? Use half Yukon Golds and half russets for light, fluffy mashed potatoes with a hearty potato flavor.

For fluffy and smooth potatoes, use a ricer or food mill. A handheld potato masher is your next best bet, followed by an electric handheld mixer, but I strongly recommend against throwing the potatoes in a food processor—it'll leave you with a sticky, gummy mess.

2½ pounds russet potatoes and/or Yukon Gold potatoes (see headnote)

6 large garlic cloves, roughly chopped

2½ teaspoons kosher salt, plus more to taste

6 tablespoons vegan butter (use a soy-free variety to keep soy-free), plus more to taste

⅓ cup canned "lite" or reduced-fat coconut milk

Freshly cracked black pepper

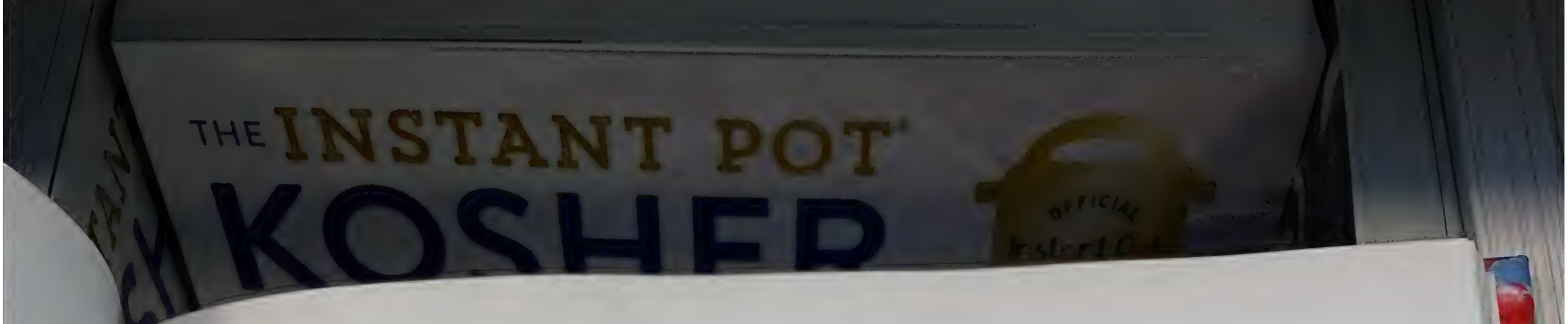
OPTIONAL GARNISHES

Finely chopped fresh herbs, such as rosemary, thyme, chives, or Italian flat-leaf parsley

Extra-virgin olive oil, for drizzling

recipe continues

1. Scrub, peel, and dice the potatoes into 1- to 1½-inch pieces and place in the inner pot of the Instant Pot. Add the garlic and 1 teaspoon of the salt. Cover the potatoes with enough water to completely cover the potatoes, 4 to 5 cups.
2. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the cook time to 5 minutes for russet potatoes or 6 minutes for Yukon Gold potatoes (6 minutes if using a mixture of both).
3. Once the timer has completed and beeps, perform a quick pressure release by carefully switching the Pressure Release knob from Sealing to Venting.
4. Open the pot and transfer the potato-garlic mixture to a colander. The potatoes should be very fork-tender and nearly falling apart. Let the potatoes rest for 5 minutes to dry out.
5. If you are using a ricer or a food mill, set it over the inner pot or a large bowl and pass the potato-garlic mixture through. If you are using a potato masher or an electric handheld mixer (on low speed), return the potato-garlic mixture to the inner pot or a large bowl and mash. Add the vegan butter, coconut milk, and remaining 1½ teaspoons salt. Fold gently with a silicone spatula to combine, or, if using an electric handheld mixer, whip lightly until the potatoes are smooth and creamy.
6. Add more salt, vegan butter, and/or pepper to taste. I usually add about ½ teaspoon more salt. If desired, garnish with chopped fresh herbs and a drizzle of extra-virgin olive oil.



ROSEMARY AND GARLIC WHITE BEANS

makes about 7 cups | **gluten-free, nut-free, soy-free, no added sugar**

When you're looking for an easy side dish or protein fix that's hearty and flavorful, these beans are the answer. The first layer of flavor comes from rosemary, which infuses the beans with a uniquely piney aroma and earthy pungency. Next comes a whopping 10 cloves of garlic, which might sound like a lot, but a pound of beans swells to 7 cups when cooked. This bountiful amount of garlic makes each bite fragrant and sharp (just be sure to keep the post-dinner kissing to a minimum).

In addition to the bold flavors, I love the soft, creamy texture of the cannellini beans. While it's not necessary to soak beans when using the Instant Pot, if you have the time, I recommend soaking them, as I find that the beans cook more evenly and with fewer split skins (it also significantly reduces the cook time). The beans might appear a bit soupy when you first uncover the pot, but they thicken up quite a bit as they rest.

I keep a batch of these beans in the fridge for a quick pre- or post-workout snack and to serve alongside grain bowls and salads, but my favorite way to serve them is piled on top of a hunk of bread (obviously) and drizzled with extra-virgin olive oil.

1 pound dried cannellini beans (2¼ to 2½ cups)
2 tablespoons olive oil
¾ cup diced shallots (about 3 shallots)
2 tablespoons fresh rosemary leaves, roughly chopped
10 garlic cloves, roughly chopped
3½ to 5½ cups low-sodium vegetable broth or water (the larger quantity if using unsoaked beans)
2 bay leaves
1 tablespoon dried oregano
2½ teaspoons kosher salt
½ teaspoon freshly cracked black pepper
½ cup fresh Italian flat-leaf parsley, finely chopped (optional)

recipe continues

1. If you have time to soak the beans, place them in a large bowl and cover with 8 cups cold water. Soak for 8 hours or overnight. Drain the beans and rinse with fresh water.
2. Select the Sauté setting on the Instant Pot and, after a few minutes, add the olive oil, followed by the shallots. Cook until the shallots are starting to brown, about 2 minutes. Add the rosemary and garlic and stir occasionally until the garlic is soft and lightly golden, 1 to 1½ minutes. Select the Cancel setting.
3. Add the drained beans, 3½ cups broth (5½ cups for *unsoaked* beans), bay leaves, oregano, salt, and pepper, stirring well to combine.
4. Secure the lid and set the Pressure Release to Sealing. Select the Bean/Chili setting at high pressure and set the cook time to 9 minutes for soaked beans (or 55 minutes for *unsoaked* beans).
5. Once the timer has completed and beeps, allow a natural pressure release.
6. Open the pot, stir the beans, and discard the bay leaves. Taste for seasonings and adjust accordingly. Transfer to a serving dish and garnish with chopped parsley, if desired. Once cooled, store leftovers in a glass jar or airtight storage container for 1 week.

MILLET-CAULIFLOWER MASH

serves 6 to 8

gluten-free, nut-free, soy-free, no added sugar

The Instant Pot takes cruciferous cauliflower and crunchy millet and instantly turns them into a bed of soft, pillowy mash. In the winter, I make a batch of this and serve it with roasted veggies and tahini. You can also serve it alongside a big green salad or cooked greens like the Citrus Kale and Carrots (page 167), top it with a stew or saucy beans such as the Rosemary and Garlic White Beans (page 125), or pair it with The Best Damn Ratatouille (page 173).

1½ tablespoons olive oil

2 medium leeks, dark green tops discarded, thoroughly cleaned, trimmed, and diced

3 garlic cloves, minced

1 cup millet

2¼ cups low-sodium vegetable broth

1 medium cauliflower (2 to 2½ pounds), cut into florets

2 teaspoons kosher salt, plus more to taste

Freshly cracked black pepper

2 to 3 tablespoons tahini

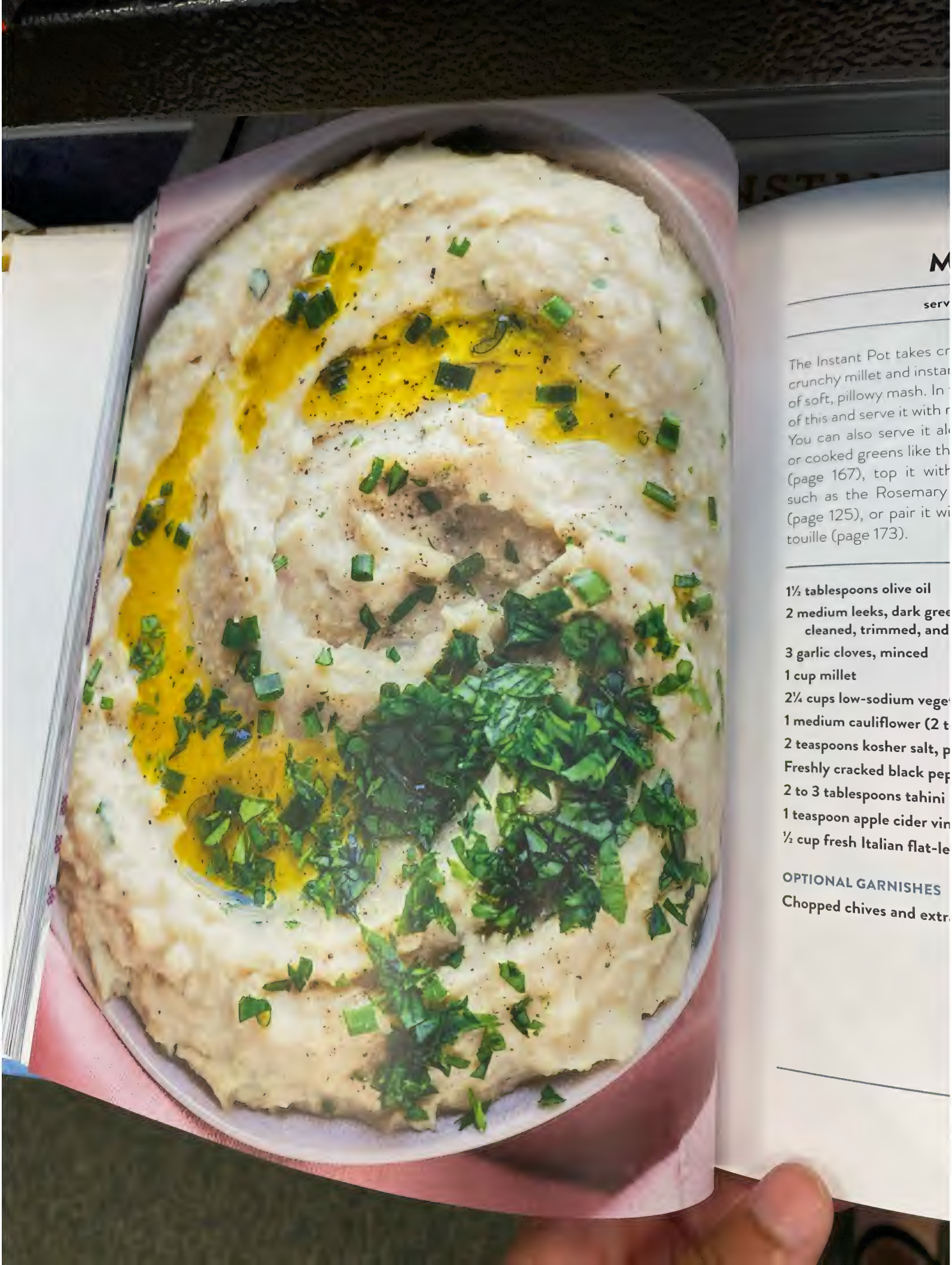
1 teaspoon apple cider vinegar or distilled white vinegar

½ cup fresh Italian flat-leaf parsley, chopped

OPTIONAL GARNISHES

Chopped chives and extra-virgin olive oil

1. Select the Sauté setting on the Instant Pot and let the pot heat up for a few minutes before adding the olive oil. Once the oil is hot, add the leeks. Cook until the leeks are tender, 2 to 3 minutes. Add the garlic and cook for 1 minute, stirring frequently to prevent burning.
2. Add the millet and toss for 30 to 60 seconds to coat the grains. Pour in the vegetable broth, followed by the cauliflower, salt, and pepper to taste. Select the Cancel setting.
3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the cook time to 10 minutes.
4. Once the 10-minute timer has completed and beeps, allow a natural pressure release.
5. Open the pot and stir to combine the ingredients. Using an immersion blender, carefully blend the millet-cauliflower mixture until the texture is similar to thick mashed potatoes. (Alternatively, you can transfer the mixture to a food processor or blender or use a potato masher.)
6. Drizzle in 2 tablespoons tahini and the vinegar, stir to incorporate, and taste for seasonings. I usually add a third tablespoon of tahini and a bit more salt at this point. Top with chopped parsley and garnish as desired. Serve warm.



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or cooked greens like th
(page 167), top it with
such as the Rosemary
(page 125), or pair it wi
touille (page 173).

1½ tablespoons olive oil
2 medium leeks, dark gree
cleaned, trimmed, and
3 garlic cloves, minced
1 cup millet
2¼ cups low-sodium vege
1 medium cauliflower (2 t
2 teaspoons kosher salt, p
Freshly cracked black pep
2 to 3 tablespoons tahini
1 teaspoon apple cider vin
½ cup fresh Italian flat-le

OPTIONAL GARNISHES

Chopped chives and extr

GARLICKY BROCCOLI WITH ORANGE ZEST AND ALMONDS

serves 4 to 6 | **gluten-free, soy-free, no added sugar**

This is one of the simpler recipes in this book, but it is also one of my favorites. I make it whenever broccoli is on sale at my local grocery store, or whenever my body subtly (or not so subtly) tells me that it needs some green food.

It takes less than 20 minutes from start to finish, and despite its simplicity, the flavors are addictive. Broccoli goes from meh to craveworthy with the addition of flash-fried garlic, fresh orange zest, and slightly smoky roasted almonds.

And possibly the best part? Despite the powerful strength of the Instant Pot, this broccoli stays crisp-tender and bright green, thanks to the low-pressure function on the Steam setting. No soggy brown mush here!

6 cups broccoli florets (about 2 pounds broccoli or 3 large broccoli heads)

1½ tablespoons olive oil

8 garlic cloves, thinly sliced

2 shallots, thinly sliced

½ teaspoon crushed red pepper flakes, plus more to taste

Grated zest and juice of 1 medium orange (about ¼ cup juice)

½ teaspoon kosher salt, plus more to taste

Freshly cracked black pepper

¼ cup roasted or toasted almonds or walnuts, chopped

¼ cup fresh basil, finely slivered

1. Pour 1 cup water into the bottom of the inner pot of the Instant Pot. Place the broccoli florets in a steamer basket and lower into the inner pot.
2. Secure the lid and set the Pressure Release to Sealing. Select the Steam setting at *low pressure* and set the cook time to 2 minutes.
3. Prepare an ice bath for the broccoli by filling a large bowl of cold water with ice. This helps retain the broccoli's bright green color and prevents overcooking.
4. Once the 2-minute timer has completed and beeps, perform a quick pressure release by carefully switching the Pressure Release knob from Sealing to Venting.
5. Open the pot and, using oven mitts, carefully lift the steamer basket out of the Instant Pot and transfer the broccoli to the ice bath. Once cooled, drain the broccoli and pat dry.
6. Select the Sauté setting on the Instant Pot and, after a few minutes, add the olive oil, followed by the garlic. Cook for 30 seconds, tossing frequently to prevent burning. Add the shallots and pepper flakes and cook for 1 minute.
7. Add the drained broccoli, ¼ cup orange juice, the salt, and black pepper to taste. Toss the ingredients together and cook for 1 minute. Taste for seasonings and add more orange juice, pepper flakes, or salt as needed.
8. Transfer the broccoli to a serving platter and top with the chopped almonds, 2 teaspoons of the orange zest, and the basil.

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8 garlic cloves, thi
2 shallots, thinly sl
½ teaspoon crushe
to taste
Grated zest and jui
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½ teaspoon kosher
Freshly cracked bla
¼ cup roasted or to
¼ cup fresh basil, fi

ROOT VEGETABLE MASH

serves 8

gluten-free, nut-free, soy-free, no added sugar

Although I'm a firm believer in the importance of serving mashed potatoes at Thanksgiving, I also like to offer an alternative to those who avoid white potatoes, like this root vegetable mash. While this buttery mash makes an excellent side dish any time of year, it is particularly perfect during the holidays, when stove and oven space are at a premium.

The Instant Pot transforms these vegetables into a silky, buttery puree that gets a deeply complex, sweet flavor from roasted garlic. Traditionally, garlic is roasted whole in the oven (drizzled with olive oil, wrapped in foil, and roasted at 400°F for 40 to 45 minutes), but this recipe calls for "roasting" the garlic in the Instant Pot (steaming, technically) and finishing it under the broiler for a few minutes to get it browned and caramelized. If you have the time, feel free to roast the garlic in the oven, but you can get the same results in less time using the Instant Pot.

1 head garlic, unpeeled

1 tablespoon olive oil, plus more for roasting garlic

1 medium yellow onion, roughly chopped

1 pound carrots (about 6), peeled and cut into large cubes

1 pound sweet potatoes, peeled and cut into pieces slightly larger than the carrots

1 small head cauliflower, roughly chopped into florets

1 large sprig fresh rosemary

6 sprigs fresh thyme

1¼ teaspoons kosher salt, plus more to taste

Freshly cracked black pepper

⅓ cup low-sodium vegetable broth

2 tablespoons vegan butter (use a soy-free variety to keep soy-free) or extra-virgin olive oil

recipe continues

1. Slice off the top of the garlic head to just expose the cloves. If you are roasting the garlic in the oven, skip Steps 2 through 5.
2. Pour 1 cup water into the inner pot of the Instant Pot and place the steamer rack in the pot with the handles facing up. Place the head of garlic on top of the steamer rack. Meanwhile, turn on your oven's broiler.
3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the cook time to 10 minutes.
4. Once the 10-minute timer has completed and beeps, allow a natural pressure release for 10 minutes and then switch the Pressure Release knob from Sealing to Venting to release any remaining steam.
5. Open the pot and transfer the garlic to an ovenproof dish or rimmed baking sheet, drizzle the exposed flesh with a bit of olive oil, and put it under the broiler for 5 minutes to caramelize.
6. Pour the water out of the inner pot and return it to the Instant Pot. Select the Sauté setting and let the pot heat up for a few minutes before adding the olive oil. Once the oil is hot, add the onion. Cook until the onion is lightly browned, 4 to 5 minutes.
7. Select the Cancel setting and add the carrots, sweet potatoes, cauliflower, rosemary, and thyme. Squeeze the roasted garlic cloves directly into the Instant Pot and season with ¾ teaspoon of the salt and pepper to taste. Pour the vegetable broth on top and stir all of the ingredients to combine.
8. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the cook time to 5 minutes.
9. Once the 5-minute timer has completed and beeps, perform a quick pressure release by carefully switching the Pressure Release knob from Sealing to Venting.
10. Open the pot and add the vegan butter and remaining ½ teaspoon salt. Using an immersion blender, blend all of the ingredients together until you have a smooth texture. If you'd like a super smooth texture, transfer all of the ingredients to a food processor and blend. Taste for salt and adjust accordingly. Serve warm.

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adding the olive oil. Onc
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4 to 5 minutes.

MACARONI AND CHEESE

serves 6 to 8 | **no added sugar**

It's no secret that macaroni and cheese is the ultimate American comfort food. For me, that first bite envelops me with a visceral nostalgia—I can see myself at the family kitchen table eating mac and cheese by the bowlful as a child.

I'm proud to report that you, too, can experience the childhood delight of biting into a forkful of ooey-gooey cheesiness without using (a) dairy (or neon-orange processed cheese) or (b) a stove or an oven. The end result is remarkably similar in taste and texture to the classic, thanks to an umami-rich vegan cheese sauce and a crunchy bread crumb topping that contrasts perfectly with the creamy cheese sauce. Even your omnivorous, cheese-loving friends and family will love this mac and cheese.

One caveat is that this recipe doesn't use the traditional elbow macaroni pasta. I prefer a larger macaroni-style pasta like cavatappi or medium-size shells, as the larger surface size tends to cook better in the Instant Pot.

Olive oil, for the pot and breadcrumbs
Vegan Cheese Sauce (page 49)
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon mustard powder (optional, but adds a nice tangy sharpness)
¼ teaspoon smoked paprika
¾ teaspoon kosher salt
½ teaspoon crushed red pepper flakes (optional)
16 ounces cavatappi pasta, medium-size shells, or other medium-size pasta with a cook time of 9 to 11 minutes (if your pasta has a different cook time, see Tip for how to calculate)
3 tablespoons vegan butter, cut into small pieces
1 cup panko or fresh bread crumbs
Freshly cracked black pepper

TIP *To calculate the precise cook time for your pasta, consult the instructions on the back of the box. Take the minimum cook time (if it's an odd number, round down to the nearest even number), divide that by 2, and then subtract 1. For example, for a range of 9 to 11 minutes, round 9 down to 8, divide it by 2 to get 4, then subtract 1, for a cook time of 3 minutes. A range of 11 to 13 minutes would be 4 minutes, etc.*

1. Generously grease the inner pot of the Instant Pot with the olive oil. Don't skip this step, as it prevents the pasta from sticking to the pot and burning.

2. Pour 3½ cups warm water into the Instant Pot (adding warm water helps the Instant Pot come to pressure more quickly and prevents the pasta from overcooking). Add the vegan cheese sauce, garlic powder, onion powder, mustard powder (if using), smoked paprika, salt, and pepper flakes (if using). Stir well to combine the ingredients. Add the pasta and stir to submerge it. Dot the mixture with the vegan butter.

3. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook setting at high pressure and set the cook time to 3 minutes (or the cook time your calculations worked out to; see Tip).

4. Once the pasta has come to pressure and the timer begins, toast the bread crumbs. Heat a skillet over medium heat and add 1 teaspoon olive oil. Once the oil is hot, add the bread crumbs and toast, tossing occasionally, until golden brown, 2 to 3 minutes. Set aside.

5. Once the 3-minute timer has completed and beeps, perform a quick pressure release by carefully switching the Pressure Release knob from Sealing to Venting. I have experienced a little splattering at this stage, so you may want to cover the vent with a kitchen towel.

6. Open the pot and stir. If the cheese sauce appears thin, select the Sauté setting and heat the pasta, stirring to prevent sticking, for 1 to 3 minutes to thicken the sauce. The cheese sauce will also thicken considerably as it rests.

7. Transfer the macaroni and cheese to a serving bowl. Top with the toasted bread crumbs and black pepper to taste.

Quick Beef and Broccoli

If you miss ordering Beef and Broccoli from the takeout menu, but don't miss the hidden gluten, make your own using tamari and fresh ingredients. Serve this healthy, gluten-free version in a takeout box with chopsticks for the full experience. You can pick up these boxes at craft stores or buy them online.

- **Hands-On Time: 10 minutes**
- **Cook Time: 4 minutes**

Serves 2

Sauce

- 2 cloves garlic, peeled and minced
- ⅓ cup tamari
- ¼ cup rice wine vinegar
- 2 tablespoons honey
- 1 tablespoon sesame oil
- ¼ teaspoon ground ginger
- ¼ teaspoon salt
- ⅛ teaspoon cayenne pepper

Beef and Broccoli

- 1 medium head broccoli, chopped
- 1 (1-pound) boneless sirloin, trimmed and sliced into 3" strips
- 1 cup water

1. In a medium bowl, combine sauce ingredients. Set aside 2 tablespoons of sauce. Add beef to the bowl and toss. Refrigerate beef for 30 minutes.
2. Press the Sauté button on the Instant Pot® and let heat up 2 minutes. Place meat in pot and stir-fry 2 minutes. Add broccoli and toss 1 minute. Transfer beef and broccoli to a large bowl.
3. Pour water into the Instant Pot®. Insert steamer basket. Add beef and broccoli to basket. Lock lid.
4. Press the Manual or Pressure Cook button and adjust cook time to 1 minute. When timer beeps, quick-release pressure until float valve drops and then unlock lid.
5. Transfer beef and broccoli to a serving dish and toss with remaining sauce. Serve warm.

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- **Hands-On Time**
- **Cook Time: 4 m**

Serves 2

Sauce

2 cloves garlic, p
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⅓ cup tamari
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Beef and Brocc

1 medium head br
chopped
1 (1-pound) bonele
trimmed and sl
3" strips
1 cup water

Simply Cheesy Meatballs

Whether you put these meatballs on some pasta or spiralized veggies, slap them on a gluten-free bun with some melted mozzarella, or just want to eat them out of the bowl, these juicy—not to mention gluten-free—meatballs will have you coming back for more and more!

- **Hands-On Time: 15 minutes**
- **Cook Time: 30 minutes**

Serves 4

- ½ pound ground beef
- ½ pound ground pork
- 2 large eggs
- 1 tablespoon Italian seasoning
- ¼ cup grated Parmesan cheese
- ¼ cup ricotta cheese
- ½ cup gluten-free bread crumbs
- 3 tablespoons olive oil, divided
- 2 cups marinara sauce
- 2 cups water

1. In a medium bowl, combine beef, pork, eggs, Italian seasoning, Parmesan cheese, ricotta cheese, and bread crumbs. Form mixture into twenty meatballs. Set aside.
2. Press the Sauté button on the Instant Pot® and heat 2 tablespoons oil 30 seconds. Place ten meatballs around the edge of pot. Sear meatballs 5 minutes, making sure to get each side. Set aside. Add 1 tablespoon oil to pot and sear remaining meatballs 5 minutes.
3. Transfer seared meatballs to a 7-cup glass dish. Top with sauce.
4. Discard extra juice and oil from the Instant Pot® and add water. Insert steam rack. Place the glass dish on top of the steam rack. Lock lid.
5. Press the Manual or Pressure Cook button and adjust cook time to 20 minutes. When timer beeps, let pressure release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid.
6. Transfer meatballs to a serving dish and serve warm.

WHAT CAN I SUBSTITUTE FOR GLUTEN-FREE BREAD CRUMBS?

Although there are gluten-free bread crumbs available on the market, there are several things you can do in a pinch. Using a small food processor, simply pulse gluten-free toast, gluten-free cereal, or even corn tortillas (which are exceptional on a fresh piece of cod!).

Porcupine

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- **Hands-On Time: 15 m**
- **Cook Time: 23 minut**

Serves 4

- 1 pound ground beef
- ½ cup white rice
- 1 large egg
- 2 tablespoons peele
  finely diced yello
- 1 teaspoon salt
- ½ teaspoon ground
  pepper
- ½ teaspoon garlic p
- 3 tablespoons olive
  divided
- 1 (10.75-ounce) ca
  condensed crea
  tomato soup
- ¼ cup water
- 1 tablespoon light
  sugar
- 2 teaspoons Wor
  sauce
- ½ cup chopped f

Hawaiian Pork

This recipe yields succulent pork with a subtle play on sweet and sour. Although a luau is the ideal setting for this meal, there is no need to wrap up the meat in leaves and cook it for 16 hours to enjoy the delicious, mouthwatering flavors and tropical experience. Serve this between a gluten-free bun, in tacos, over rice, or straight out of the pot!

- **Hands-On Time: 10 minutes**
- **Cook Time: 70 minutes**

Serves 8

- 1 (4-pound) boneless pork butt or shoulder, quartered
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 2 tablespoons olive oil
- 2 tablespoons liquid smoke
- 1 tablespoon smoked paprika
- 6 cloves garlic, peeled and quartered
- 1 (20-ounce) can crushed pineapple, including juice
- 2 teaspoons lime zest
- Juice from 1 medium lime
- ½ teaspoon salt
- 2 cups beef broth

1. Season all sides of pork with salt and pepper.
2. Press the Sauté button on the Instant Pot® and heat oil 30 seconds. Place pork in pot. Sear meat 5 minutes, making sure to get each side, then remove from pot and set aside.
3. Add liquid smoke, smoked paprika, garlic cloves, crushed pineapple with juice, lime zest, lime juice, and salt to pot. Stir.
4. Add broth and pork to pot. Lock lid.
5. Press the Manual or Pressure Cook button and adjust time to 65 minutes. When timer beeps, let pressure release naturally for 10 minutes. Quick-release any additional pressure until float valve drops and then unlock lid.
6. Using two forks, split pork and incorporate juices. Serve warm.

Ranch Steamed Broccoli

Why don't some people like broccoli? Well, it might not be fair to label them as "picky eaters": due to human genetics, about 70 percent of people can detect a certain bitterness in broccoli. By adding a little lemon juice and a tasty, familiar seasoning like ranch, everyone can enjoy the benefits of this healthy little vegetable instead of hating every bite.

- **Hands-On Time: 5 minutes**
- **Cook Time: 0 minutes**

Serves 4

1 cup water
3½ cups chopped broccoli (approximately 1 medium head)
2 tablespoons unsalted butter
1 teaspoon lemon juice
2 tablespoons dry ranch seasoning
½ teaspoon salt

1. Add water to the Instant Pot®. Insert steamer basket and arrange broccoli in an even layer. Lock lid.
2. Press the Steam button and adjust cook time to 0 minutes. When timer beeps, quick-release pressure until float valve drops and then unlock lid.
3. Transfer broccoli to a serving dish and toss with remaining ingredients. Serve warm.

Basic Polenta

Polenta is a great side dish as well as a base for many meals, such as morning grits, shrimp and grits, and polenta croutons. To change up the flavor, add cheese to the polenta after cooking, replace the water with your favorite broth, or just add a handful of fresh herbs. This inexpensive and delicious corn derivative will be your new favorite starch!

- **Hands-On Time: 5 minutes**
- **Cook Time: 10 minutes**

Serves 6

5 cups water
1 cup polenta
2 tablespoons unsalted butter
1 teaspoon salt

1. Stir all ingredients together in the Instant Pot®. Lock lid.
2. Press the Manual or Pressure Cook button and adjust cook time to 10 minutes. When timer beeps, quick-release pressure until float valve drops and then unlock lid. Whisk polenta in pot 5 minutes until it thickens.
3. Transfer polenta to a serving dish and serve warm.

Smashed Garlic-Parm Purple Potatoes

When you don't feel like breaking out the mixer or ricer, you can use the back of a fork. This quick method is especially great for those who like lumpy mashed potatoes. Baby reds or yellow potatoes can be used as a substitute for the purple potatoes, or you can even use a mixture of all three.

- **Hands-On Time: 10 minutes**
- **Cook Time: 10 minutes**

Serves 6

- **4 tablespoons unsalted butter, divided**
- **1½ pounds baby purple potatoes, scrubbed**
- **3 cloves garlic, peeled and minced**
- **2 cups water**
- **2 tablespoons Parmesan cheese**
- **¼ cup whole milk**
- **1 teaspoon salt**
- **½ teaspoon ground black pepper**

1. Use a fork to pierce each potato four times. Press the Sauté button on the Instant Pot®. Heat 2 tablespoons butter 30 seconds and add potatoes and garlic to pot. Sauté 3 minutes, stirring frequently.
2. Add water to the Instant Pot®. Lock lid.
3. Press the Manual or Pressure Cook button and adjust cook time to 7 minutes. When timer beeps, quick-release pressure until float valve drops and then unlock lid.
4. Using a slotted spoon, transfer the potatoes to a serving bowl. Toss with remaining butter, Parmesan, milk, salt, and pepper.
5. Using an immersion blender or the back of a fork, gently mash potatoes until desired consistency. Serve warm.

CAN I LEAVE THE SKIN ON POTATOES?

If taking the time to peel your potatoes drives you crazy, just stop. Those skins are full of fiber, iron, and vitamins C and B_6. But make sure you buy organic potatoes; otherwise you may be ingesting some of the chemicals used in cultivating a crop.

Broccoli-Sausage Tater Tots

Everyone loves a good Tater Tot but not all that deep-frying. Add broccoli for nutrients and sausage for the yum factor, and this gluten-free Tater Tot hybrid will be a new family favorite! It is also fun for the little ones to help form the tots before baking.

- **Hands-On Time: 15 minutes**
- **Cook Time: 37 minutes**

Yields 20 tots

- 1 cup water
- 2 cups fresh broccoli florets
- 2 cups shredded russet potatoes, scrubbed
- ¼ pound breakfast pork sausage
- 1 shallot, peeled and finely minced
- 1 large egg
- 1 teaspoon dried oregano leaves
- ½ teaspoon salt

1. Add water to the Instant Pot® and insert steamer basket. Add broccoli and potatoes to basket. Lock lid.
2. Press the Manual or Pressure Cook button and adjust cook time to 2 minutes. When timer beeps, quick-release pressure until float valve drops and then unlock lid.
3. Preheat oven to 400°F. Line a baking sheet with parchment paper.
4. Transfer broccoli and potatoes to a food processor or blender. Pulse five times until smooth.
5. Transfer to a medium bowl. Add sausage, shallot, egg, oregano, and salt. Combine until well mixed.
6. Form mixture into twenty tots and place on the prepared baking sheet. Bake 35 minutes.
7. Transfer tots to serving dish and serve warm.

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Sweet Potato Fries with Sriracha Ranch Dipping Sauce

Tender on the inside and crispy on the outside, these will be your favorite sweet potato fries ever. You'll want to cook all root veggies like this, including white potatoes, turnips, and even rutabagas. Get creative with a variety of gluten-free dipping sauces and aioli for a new experience each time.

- **Hands-On Time: 10 minutes**
- **Cook Time: 13 minutes**

Serves 2

Sriracha Ranch Dipping Sauce

¼ cup mayonnaise
2 tablespoons sour cream
2 teaspoons sriracha
1 teaspoon chopped fresh dill
1 clove garlic, peeled and minced
½ teaspoon lemon juice
¼ teaspoon salt

Sweet Potato Fries

1 large sweet potato, peeled, trimmed, and cut into ½" sticks
2 tablespoons olive oil
1 teaspoon salt
½ teaspoon ground black pepper
½ teaspoon garlic powder
1 cup water

1. Line a baking sheet with parchment paper and set aside. Preheat oven to 425°F.
2. Combine Sriracha Ranch Dipping Sauce ingredients in a small bowl. Refrigerate covered until ready to use.
3. Place sweet potato sticks in a medium bowl and toss with oil, salt, pepper, and garlic powder.
4. Add water to the Instant Pot® and insert steamer basket. Add fries to basket. Lock lid.
5. Press the Steam button and adjust cook time to 3 minutes. When timer beeps, quick-release pressure until float valve drops and then unlock lid.
6. Transfer fries to the prepared baking sheet and scatter evenly. Bake 10 minutes until crisp and browned, tossing once halfway through cooking.
7. Transfer fries to serving dish. Serve warm with chilled dipping sauce.

Homemade Mixed-Berry Breakfast Syrup

The homemade version of this syrup ensures that there are no processed ingredients, so you don't have to wonder if there is any hidden gluten. You can use this recipe with whatever frozen berries or citrus fruits you have on hand. Orange juice and orange zest are especially nice with the mixed berries. You can also try lime juice and lime zest with a sweet cherry syrup for a change!

- **Hands-On Time: 5 minutes**
- **Cook Time: 3 minutes**

Yields 1 cup

1 pound frozen mixed berries
1 tablespoon unsalted butter
½ cup pure maple syrup
¼ cup freshly squeezed orange juice
1 tablespoon orange zest
¼ teaspoon vanilla extract
⅛ teaspoon salt

1. Add all ingredients to the Instant Pot®. Lock lid.
2. Press the Manual or Pressure Cook button and adjust cook time to 3 minutes. When timer beeps, quick-release pressure until float valve drops and then unlock lid.
3. Transfer ingredients to a food processor or blender and pulse until desired consistency. Serve warm or cool.

COCONUT CHOCOLATE WHIPPED CREAM SMOOTHIE

Serves 3

Prep Time: 5 minutes, Cook Time: 5 minutes, Total Time: 10 minutes, Pressure: N/A, Release: N/A

Gluten Free, Soy Free, 10 Minutes or Less, Kid Friendly

This is one of my all-time favorite smoothies. It is absolutely loaded with flavor, and yet still contains hardly any carbs or sugar. Add a pinch of cinnamon to the finished smoothie (or drizzle on some melted keto fudge) to really put the flavor over the top.

2 tablespoons grass-fed butter, softened
1/2 cup full-fat coconut milk
10 drops liquid stevia
2 tablespoons unflavored MCT oil
2 tablespoons unsweetened coconut flakes
2 tablespoons flax seeds, soaked
2 tablespoons raw cacao nibs
2 tablespoons sugar-free chocolate chips
1/2 teaspoon vanilla extract
1/4 cup heavy whipping cream
ice cubes, to serve

Nutrition Facts
Amount per serving
Calories 280
Total Fat 31.7g
Total Carbohydrate 3.1g
Dietary Fiber 1.2g
Total Sugars 1.7g
Protein 1.2g

Start by pouring 1½ cups of filtered water into a blender. Depending on personal taste, you can use less water, to achieve a thicker consistency.

Set the Instant Pot to Sauté and melt the butter.

Pour in the coconut milk, then add the stevia, MCT oil, coconut, flax seeds, cacao nibs, chocolate chips, vanilla, and whipping cream to the Instant Pot. Stir continuously.

Once thoroughly mixed, hit Cancel to stop the current program. Remove the inner pot from the Instant Pot, and carefully pour this mixture into your blender.

Blend until desired consistency is reached. Serve in a tall, ice-filled glass. Store extra servings in the refrigerator, for up to two days.

CLASSIC BBQ SAUCE

Serves 7 to 8

Prep Time: 5 minutes, Cook Time: 5 minutes, Total Time: 10 minutes, Pressure: N/A, Release: N/A

Gluten Free, Dairy Free, Soy Free, 10 Minutes or Less, Kid Friendly

Barbecue sauce works great for summertime grilling, but is traditionally very high in sugar. This keto version retains all the spicy and smoky flavor, but leaves out all the carbs. Try coating this on keto baby back ribs or beef for a real treat!

1 (14-ounce) can sugar-free or low-sugar diced tomatoes
4 tablespoons no-sugar-added ketchup
2 tablespoons Worcestershire sauce
½ teaspoon paprika, fresh
½ teaspoon chili powder
½ teaspoon cayenne pepper, ground
½ teaspoon cumin, ground
½ teaspoon garlic, minced
½ teaspoon freshly ground black pepper
½ teaspoon kosher salt
¼ cup sugar-free or low-sugar tomato purée
¼ cup Swerve, confectioners
½ teaspoon onion powder

Preheat the Instant Pot by turning on Sauté mode.

Add the tomatoes to the Instant Pot, then pour in the ketchup, Worcestershire sauce, paprika, chili powder, cayenne pepper, cumin, garlic, black pepper, salt, tomato purée, Swerve, and onion powder.

Stir continuously, until an even texture is obtained. For a smoother sauce, briefly blend using an immersion blender (about 20 seconds).

Hit Cancel and pour the BBQ sauce into a storage container. Refrigerate until ready for use.

Nutrition Facts
Amount per serving
Calories 23
Total Fat 0.1g
Total Carbohydrate 5.1g
Dietary Fiber 1.2g
Total Sugars 2.9g
Protein 0.7g

ZERO CALORIE ICED TEA

Serves 4

Prep Time: 5 minutes, Cook Time: 5 minutes, Total Time: 10 minutes, Pressure: High, Release: Natural

Gluten Free, Dairy Free, Soy Free, 10 Minutes or Less, Kid Friendly

Iced tea—a true summer classic. This "set it, and forget it" recipe is so easy, it's ridiculous. Add in any creative ideas you like —this drink is endlessly customizable.

½ cup Swerve, confectioners (or more, to taste)
3 to 4 of your favorite flavor tea bags
⅛ teaspoon mint extract
⅛ teaspoon vanilla extract
4 lemon wedges, to serve

Nutrition Facts
Amount per serving
Calories 0
Total Fat 0g
Total Carbohydrate 0g
Dietary Fiber 0g
Total Sugars 0g
Protein 0g

Inside the inner pot, pour in 4 cups of filtered water, then add the Swerve, followed by the tea bags, mint, and vanilla.

Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 5 minutes on high pressure and let cook.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting.

Open the lid, let cool, then remove tea bags with a ladle. Pour tea into a glass filled with ice, top with lemon wedges, and enjoy!

MINI PIZZA BITES

Serves 4 to 5

Prep Time: 5 minutes, Cook Time: 5 minutes, Total Time: 10 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 10 Minutes or Less, Kid Friendly

These keto pizza bites are a great way to stay in fat-burning mode, while still feeling like you are indulging. These little guys will also work great at any work gatherings, family functions, or big parties. Try sprinkling a little crushed red pepper on top of the finished bites to add a little more spice!

2 cups full-fat mozzarella cheese, shredded

1 (14-ounce) can sugar-free or low-sugar diced tomatoes, drained

1 cup full-fat Parmesan cheese, grated

16 uncured pepperoni slices, cut in half

1 teaspoon basil, dried

1 teaspoon oregano, dried

Nutrition Facts
Amount per serving
Calories 328
Total Fat 24.8g
Total Carbohydrate 6.2g
Dietary Fiber 1.5g
Total Sugars 2.7g
Protein 22.3g

Pour 1 cup of filtered water into the inner pot of the Instant Pot, then insert the trivet. In a large bowl, combine the mozzarella, tomatoes, Parmesan, pepperoni, basil, and oregano. Mix thoroughly. Transfer this mixture into a well-greased, Instant Pot–friendly egg bites mold. Work in batches, if needed. I prefer to stack 2 egg bites molds on top of each other, separated by Mason jar lids (or similar dividers).

Place the molds onto the trivet, and cover loosely with aluminum foil. Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 5 minutes on high pressure, and let cook.

Once cooked, let the pressure release naturally, for about 10 minutes. Then, switch the pressure release to Venting. Open the Instant Pot, and remove the molds. Serve warm, and enjoy!

CAULIFLOWER MASHED "POTATOES"

IPM

Serves 4

Prep Time: 5 minutes, Cook Time: 4 minutes, Total Time: 9 minutes, Pressure: High, Release: Quick

Gluten Free, Soy Free, 10 Minutes or Less, Kid Friendly

This keto version of a comfort food classic works perfectly in an Instant Pot Mini, and will have you reminiscing about many past holiday seasons. Sprinkle some garlic in, to get a slightly different flavor profile. Or, try adding 2 extra tablespoons of butter, to make these mashed "potatoes" even richer.

1 head cauliflower, broken into florets
2 tablespoons grass-fed butter
¼ cup heavy whipping cream
pinch of kosher salt
pinch of freshly ground black pepper
¼ cup full-fat Cheddar cheese, shredded

Nutrition Facts
Amount per serving
Calories 126
Total Fat 11.2g
Total Carbohydrate 3.8g
Dietary Fiber 1.7g
Total Sugars 1.6g
Protein 3.2g

Pour 1 cup of filtered water into the inner pot of the Instant Pot, then add the cauliflower. Move the valve to Sealing and close the lid.

Cook for 4 minutes at high pressure, then perform a quick release. Using a potato masher, mash cauliflower carefully, while inside inner pot. Strain out excess liquid, if desired.

Once mashed, mix in butter, and whipping cream, and season with salt and pepper. Gently stir, until a uniform texture forms. Transfer to a serving bowl, sprinkle cheese on top, and serve.

EXTRA CRISPY PARMESAN CRISPS

Serves 7 to 8

Prep Time: 5 minutes, Cook Time: 4 minutes, Total Time: 9 minutes, Pressure: High, Release: Quick

Gluten Free, Soy Free, 10 Minutes or Less, Kid Friendly

These crunchy chips will have you feeling like you are cheating on keto, but the good news is—you won't be. For gatherings you can serve these with guacamole.

6 slices no-sugar-added bacon, sliced into small pieces
2 cups full-fat Parmesan cheese, grated
1 cup full-fat Cheddar cheese, shredded
½ teaspoon paprika, fresh
½ teaspoon chili powder
½ teaspoon freshly ground black pepper
½ teaspoon kosher salt

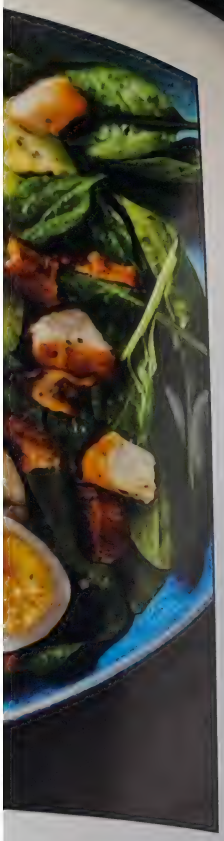
Nutrition Facts
Amount per serving
Calories 315
Total Fat 22.7g
Total Carbohydrate 2.6g
Dietary Fiber 0.1g
Total Sugars 0.1g
Protein 26.9g

Set the Instant Pot to Sauté, and add the bacon to cook. In a large bowl, mix the Parmesan and Cheddar, paprika, chili powder, and salt and pepper. Using a spoon, transfer cheese mixture into a greased, Instant Pot–friendly dish.

Make sure bacon is cooked, then press Cancel. Briefly drain the bacon on a paper towel–lined plate, break into large pieces, and divide evenly over the cheese.

Pour 1 cup of filtered water into the inner pot of the Instant Pot, then insert the trivet. Place the dish with the cheese and bacon on top of the trivet. Close the Instant Pot, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 4 minutes on high pressure and let cook.

Once cooked, quickly release the pressure. Use a spatula to transfer crisp mixture to a baking sheet, and separate into 7 or 8 individual crisps. Finish the crisps on the baking sheet in the oven at 350°F for about 5 to 7 minutes (or until crunchy). Let cool, and enjoy!



MAC AND CHEESE

Serves 4

Prep Time: 5 minutes, Cook Time: 5 minutes, Total Time: 10 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 10 Minutes or Less, Kid Friendly

Macaroni and cheese is a comfort food classic, and this Instant Pot keto variation will help to satisfy all those cravings. By using cauliflower instead of macaroni, we stay in ketosis, but still capture the familiar flavor and texture of the traditional dish. Try topping with a little ground turmeric, to pack in even more nutrition. Or, mix with a little bit of cooked lobster, to really add some decadence!

4 tablespoons grass-fed butter, softened
1 cup full-fat Cheddar cheese, shredded
1 cup full-fat Monterey Jack cheese, shredded
1 head cauliflower, chopped
½ cup heavy whipping cream
½ cup full-fat Parmesan cheese, grated
½ teaspoon cayenne pepper, ground
½ teaspoon freshly ground black pepper
½ teaspoon kosher salt

Nutrition Facts
Amount per serving
Calories 489
Total Fat 41.6g
Total Carbohydrate 5.8g
Dietary Fiber 1.8g
Total Sugars 1.9g
Protein 24.6g

Pour 2 cups of filtered water into the Instant Pot, then insert the trivet. In a large bowl, combine all ingredients, mixing thoroughly. Transfer this mixture into a well-greased, Instant Pot–friendly dish.

Place the dish onto the trivet, and cover loosely with aluminum foil. Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 5 minutes on high pressure, and let cook.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting.

Open the Instant Pot, and remove the dish. Let cool, serve, and enjoy!

NOTE: If you would like a crunchier top, carefully place the dish under a broiler for 2 to 3 minutes (or until reaching desired texture).

CAULIFLOWER "FRIED" RICE

Serves 4

Prep Time: 5 minutes, Cook Time: 2 minutes, Total Time: 7 minutes, Pressure: High, Release: Quick

Gluten Free, Dairy Free, Soy Free, 10 Minutes or Less, Kid Friendly

A simple classic recipe, updated for keto and the Instant Pot. Fried rice is a traditional Asian dish, but this variation is much lower in carbohydrates. Cauliflower also contains almost an entire day's worth of vitamin C, as well as numerous other vitamins and minerals.

1 (9-ounce) head cauliflower, chopped
½ teaspoon garlic powder
½ teaspoon freshly ground black pepper
½ teaspoon turmeric, ground
½ teaspoon curry powder
½ teaspoon kosher salt
½ teaspoon paprika, fresh
¼ (4-ounce) small onion, thinly sliced

Nutrition Facts
Amount per serving
Calories 24
Total Fat 0.2g
Total Carbohydrate 5g
Dietary Fiber 2.2g
Total Sugars 2g
Protein 1.6g

Pour 1 cup of filtered water into the inner pot of the Instant Pot, then insert the trivet. In a well-greased, Instant Pot–friendly dish, add the cauliflower. Sprinkle the garlic powder, black pepper, turmeric, curry powder, salt, paprika, and onion over top.

Place the dish onto the trivet, and cover loosely with aluminum foil. Close the lid, set the pressure release to Sealing and select Manual/Pressure Cook. Set the Instant Pot to 2 minutes on high pressure, and let cook.

Once cooked, perform a quick release.

Open the Instant Pot, and remove the dish. Serve, and enjoy!

CLASSIC LASAGNA

Serves 4

Prep Time: 5 minutes, Cook Time: 20 minutes, Total Time: 25 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 25 Minutes or Less, Kid Friendly

By replacing the pasta with zucchini, we can keep our carbs down but the flavor up. I like to sprinkle some extra Parmesan cheese on top of the finished dish to give it even more taste.

2 tablespoons coconut oil
1 pound grass-fed beef, ground
1 egg
1 cup spinach, chopped
¾ cup mozzarella cheese, shredded
½ cup full-fat Parmesan cheese, grated
½ teaspoon basil, dried
½ teaspoon fennel seeds
½ teaspoon garlic
½ teaspoon oregano, dried
½ teaspoon parsley, dried
¼ (4-ounce) small onion, thinly sliced
1 ½ cups whole milk ricotta cheese
1 (14-ounce) can sugar-free or low-sugar fire roasted tomatoes

Nutrition Facts
Amount per serving
Calories 533
Total Fat 35.5g
Total Carbohydrate 10.3g
Dietary Fiber 1g
Total Sugars 2.7g
Protein 43.3g

Pour 1 cup of filtered water into the inner pot of the Instant Pot, then insert the trivet. In a large bowl, combine the coconut oil, beef, egg, spinach, mozzarella, Parmesan, basil, fennel, garlic, oregano, parsley, onion, ricotta, and tomatoes. Mix thoroughly. Transfer this mixture into a well-greased, Instant Pot–friendly dish.

Place the dish onto the trivet, and cover loosely with aluminum foil. Close the lid, set the pressure release to Sealing and select Manual/Pressure Cook. Set the Instant Pot to 20 minutes on high pressure, and let cook.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting.

Open the Instant Pot, and remove the dish. Let cool, serve, and enjoy!

ONE-POT SHRIMP SCAMPI

Serves 4

Prep Time: 5 minutes, Cook Time: 20 minutes, Total Time: 25 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 25 Minutes or Less, Kid Friendly

This simple-to-make dish is high in protein and very low in carbs. On top of that, it tastes incredible, as the Parmesan cheese provides a nice finish. Pair with cauliflower rice, kale, artichokes, asparagus, spinach, broccoli, or a side salad.

2 tablespoons grass-fed butter, softened
1 cup grass-fed bone broth
2 cups cauliflower rice
1 pound shrimp, deveined and deshelled
½ cup heavy whipping cream
½ cup full-fat Parmesan cheese, grated
½ teaspoon freshly ground black pepper
½ teaspoon kosher salt
½ teaspoon garlic, minced
½ teaspoon basil, dried
½ teaspoon parsley, dried
½ teaspoon turmeric, ground

Nutrition Facts
Amount per serving
Calories 356
Total Fat 19.5g
Total Carbohydrate 6.6g
Dietary Fiber 1.2g
Total Sugars 1g
Protein 37.5g

Set Instant Pot to Sauté and melt the butter.

Pour in the bone broth, then add the cauliflower rice, shrimp, whipping cream, Parmesan, black pepper, salt, garlic, basil, parsley, and turmeric. Stir together thoroughly. Press Cancel to stop the current program, then set the Instant Pot to 20 minutes cook time, on high pressure.

Once cooked, perform a quick release by carefully switching the pressure valve to Venting.

Open the Instant Pot, serve, and enjoy!

FAST AND EASY CRACK CHICKEN

IPM

Serves 2

Prep Time: 5 minutes, Cook Time: 15 minutes, Total Time: 20 minutes, Pressure: High, Release: Quick

Gluten Free, Soy Free, 25 Minutes or Less

Crack chicken has become a viral sensation, and this keto Instant Pot variation is just as addictive as the best recipes out there. Bacon, cheese, and ranch dressing are the secret ingredients that make this chicken so indescribably awesome. Try making this dish in your Instant Pot Mini, and pair it with a side salad full of dark, leafy greens.

1/2 cup grass-fed bone broth
1/4 cup tablespoons keto-friendly ranch dressing
2 ounces cream cheese, softened
1/2 pound boneless, skinless chicken breasts
1/2 cup full-fat Cheddar cheese, shredded
3 slices bacon, cooked, chopped into small pieces

Nutrition Facts
Amount per serving
Calories 548
Total Fat 45.8g
Total Carbohydrate 2.5g
Dietary Fiber 0g
Total Sugars 0.2g
Protein 32.3g

Pour bone broth into the inner pot of the Instant Pot, then add the ranch dressing, cream cheese, and chicken. Stir thoroughly.

Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 15 minutes on high pressure and let cook.

Once cooked, perform a quick release by carefully switching the pressure valve to Venting.

Stir in the cheese and bacon, and serve.

ONE

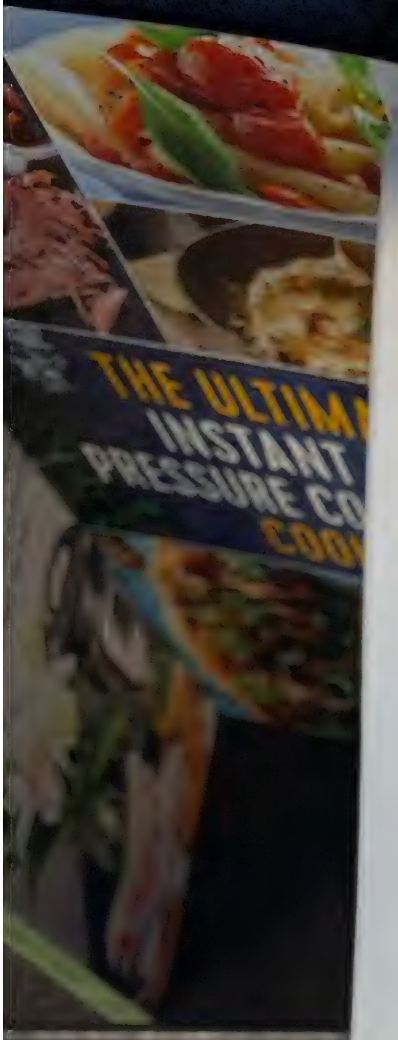
Prep Time: 5 m

Gluten

This simple-to-make
tastes incredible, as t
rice, kale, ar

2 tablespoons grass-fe
1 cup grass-fed bone b
2 cups cauliflower rice
1 pound shrimp, devei
1/2 cup heavy whippi
1/2 cup full-fat Parme
1/2 teaspoon freshly
1/2 teaspoon kosher
1/2 teaspoon garlic,
1/2 teaspoon basil,
1/2 teaspoon parsle
1/2 teaspoon turme

Nutrition Facts
Amount per serving
Calories 356
Total Fat 19.5g
Total Carbohydrate
Dietary Fiber 1.2g
Total Sugars 1g
Protein 37.5g



HIGH-PROTEIN MEATZA CASSEROLE

Serves 4

Prep Time: 5 minutes, Cook Time: 20 minutes, Total Time: 25 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 25 Minutes or Less, Kid Friendly

There is nothing easier or more delicious for dinner than a meatza! Instead of a pizza, you can get more protein, by using meat as your "crust." However, this meatza is more like a casserole, and the Instant Pot makes cooking this a breeze. The options to customize this to your liking are also truly endless. I personally like to add some crushed red pepper to the finished dish, but you can add bacon, more cheese, or any other keto-friendly toppings.

16 pepperoni slices, uncured
1 cup mozzarella cheese, shredded
1 cup full-fat Cheddar cheese, shredded
1 pound chicken, ground
1 egg
1 teaspoon garlic, minced
½ cup full-fat Parmesan cheese, grated
½ teaspoon parsley, dried
½ teaspoon thyme, ground
½ teaspoon basil, dried
½ teaspoon freshly ground black pepper
½ teaspoon crushed red pepper
½ teaspoon oregano, dried
1 (14-ounce) can sugar-free or low-sugar fire roasted tomatoes

Nutrition Facts
Amount per serving
Calories 538
Total Fat 30.9g
Total Carbohydrate 4.9g
Dietary Fiber 0.8g
Total Sugars 1.8g
Protein 57.9g

Pour 1 cup of filtered water into the inner pot of the Instant Pot, then insert the trivet. In a large bowl combine pepperoni slices, mozzarella, Cheddar, chicken, egg, garlic, Parmesan, parsley, thyme, basil, black pepper, red pepper, oregano, and tomatoes. Mix thoroughly. Transfer this mixture into a well-greased, Instant Pot-friendly dish.

Place the dish onto the trivet, and cover loosely with aluminum foil. Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 20 minutes on high pressure, and let cook.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting.

Open the Instant Pot, and remove the dish. Let cool, serve, and enjoy!

CRAB BISQUE

Serves 4

Prep Time: 5 minutes, Cook Time: 3 minutes, Total Time: 8 minutes, Pressure: Low, Release: Quick

Gluten Free, Soy Free, 10 Minutes or Less

Crab bisque—is there anything more delicious (and nutritious) for dinner? I frequently pair this with fresh asparagus, or some steamed broccoli. Try garnishing the bisque with a pinch of tarragon or paprika, for even more taste.

4 tablespoons grass-fed butter, softened
3 cups grass-fed bone broth
8 ounces full-fat cream cheese, softened
2 stalks celery, chopped
1 pound frozen crab meat, thawed
1 teaspoon Old Bay seasoning
½ teaspoon cayenne pepper, ground
½ teaspoon freshly ground black pepper
½ teaspoon kosher salt
¼ cup bell peppers, chopped
¼ cup heavy whipping cream
¼ (4-ounce) small onion, thinly sliced
1 (14-ounce) can sugar-free or low-sugar crushed tomatoes

Nutrition Facts
Amount per serving
Calories 415
Total Fat 35.1g
Total Carbohydrate 10.7g
Dietary Fiber 1.6g
Total Sugars 4.1g
Protein 13g

Set the Instant Pot to Sauté. Add the butter, melting it gently.

Pour in the bone broth, then mix in the cream cheese, celery, crab, Old Bay, cayenne pepper, black pepper, salt, bell peppers, whipping cream, onion, and tomatoes. Close the lid, set the pressure release to Sealing, and select Manual/ Pressure Cook. Set the Instant Pot to 3 minutes on low pressure and let cook.

When cooking is complete, perform a quick release by carefully switching the pressure valve to Venting. For a smoother soup, briefly use an immersion blender, until desired consistency is reached.

Remove the bisque, serve, and enjoy!

MUG LASAGNA

Serves 2 to 3

Prep Time: 5 minutes, Cook Time: 5 minutes, Total Time: 10 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 10 Minutes or Less, Kid Friendly

Lasagna is a great meal—but it can be time-consuming and complicated to cook. This innovative keto mug variety is still rich with flavor—but is much faster and easier to make. It works great for a solo night in, or for a quick meal on the weekend. Try adding a little extra cheese on top, when serving, to make this dish even more palatable.

2 tablespoons whole milk ricotta cheese
2 tablespoons full-fat Cheddar cheese, shredded
1/2 cup full-fat Parmesan cheese, grated
1/2 zucchini, thinly sliced
1/2 teaspoon basil, dried
1/2 teaspoon oregano, dried
1/2 teaspoon freshly ground black pepper
1/2 teaspoon kosher salt
1/3 cup full-fat mozzarella cheese, shredded
1/2 (14-ounce) can sugar-free or low-sugar roasted tomatoes, drained

Nutrition Facts
Amount per serving
Calories 177
Total Fat 11g
Total Carbohydrate 5.2g
Dietary Fiber 0.9g
Total Sugars 1.6g
Protein 15.7g

Pour 1 cup filtered water into the Instant Pot, then insert the trivet. In a large bowl, combine the ricotta, Cheddar, Parmesan, zucchini, basil, oregano, black pepper, salt, mozzarella, and tomatoes. Mix thoroughly. Transfer this mixture into a well-greased, Instant Pot–friendly mug (or multiple, smaller mugs, if desired).

Place the mug onto the trivet, and cover loosely with aluminum foil. Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 5 minutes on high pressure and let cook.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting.

Open the Instant Pot, and remove the mug. Let cool, serve, and enjoy!

HAM AND CHEESE BAKE

Serves 2 to 4

Prep Time: 5 minutes, Cook Time: 20 minutes, Total Time: 25 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 25 Minutes or Less, Kid Friendly

Ham and cheese sandwiches were a childhood staple for many of us. Since a keto approach will nix any bread, this ham and cheese bake makes a good substitute. The best part? It is actually much healthier, since it is also loaded with vegetables, and leaves out the empty calories of the bread.

2 tablespoons coconut oil
1 cup heavy whipping cream
1 cup full-fat Cheddar cheese, shredded
½ pound cauliflower, chopped
½ cup mozzarella cheese, shredded
½ pound ham, sliced
½ cup bell peppers, chopped
½ teaspoon freshly ground black pepper
½ teaspoon basil, dried
½ teaspoon oregano, dried
½ teaspoon rosemary, ground
½ teaspoon kosher salt

Nutrition Facts
Amount per serving (4)
Calories 492
Total Fat 39.3g
Total Carbohydrate 10.4g
Dietary Fiber 3.3g
Total Sugars 3.1g
Protein 25.8g

Pour 1 cup of filtered water into the inner pot of the Instant Pot, then insert the trivet. In a large bowl, combine the coconut oil, whipping cream, Cheddar, cauliflower, mozzarella, ham, bell peppers, black pepper, basil, oregano, rosemary, and salt, mixing thoroughly. Transfer this mixture into a well-greased, Instant Pot–friendly dish.

Using a sling if desired, place the dish onto the trivet, and cover loosely with aluminum foil. Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 20 minutes on high pressure and let cook.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting.

Open the Instant Pot and remove the dish. Let cool, serve, and enjoy!

CLASSIC GRILLED CHEESE

Serves 2

Prep Time: 5 minutes, Cook Time: 10 minutes, Total Time: 15 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 15 Minutes or Less, Kid Friendly

A perfectly cooked grilled cheese is one of my all-time favorite comfort foods. I know that I am not alone on this one, and luckily there is a great way to convert the carb-heavy favorite into a keto standard. Pair this with Garlic Tomato-Basil Soup (page 98) or enjoy it with a big salad.

CRUST

2 tablespoons grass-fed butter, softened

1 egg

2 tablespoons psyllium husks

½ cup blanched almond flour

¼ teaspoon baking soda

FILLING

¼ cup full-fat Cheddar cheese, shredded

¼ cup full-fat Monterey Jack cheese, shredded

¼ cup mozzarella cheese, full-fat, shredded

Nutrition Facts
Amount per serving
Calories 309
Total Fat 28.3g
Total Carbohydrate 3.5g
Dietary Fiber 1.1g
Total Sugars 0g
Protein 10.3g

In a large bowl, mix the egg, butter, psyllium, almond flour, and baking soda. In a well-greased, Instant Pot–friendly dish, evenly spread out this crust mixture. In the middle of the crust mixture, pour in the Cheddar, Monterey Jack, and mozzarella cheese.

Pour 1 cup of filtered water into the inner pot of the Instant Pot, then insert the trivet. Place the dish containing your sandwich on top of the trivet, covering it loosely with aluminum foil. Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 10 minutes on high pressure and let cook.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting. Open the lid and remove the food. Let cool a little bit, and carefully fold in half to form a sandwich, with the cheese in the center.

20-MINUTE PEPPERONI PIZZA

Serves 5 to 6

Prep Time: 5 minutes, Cook Time: 15 minutes, Total Time: 20 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 25 Minutes or Less, Kid Friendly

Pizza is one of the highest carbohydrate foods out there. However, this clever keto adaptation cuts down the carbs to almost nothing. It also cooks very easily inside the Instant Pot, and comes loaded with protein. Add some extra varieties of cheese and some extra toppings, like japaleño, to make the reusability of this recipe truly endless.

CRUST

2 tablespoons full-fat cream cheese, softened

1 egg

¾ cup blanched almond flour

½ cup full-fat Parmesan cheese, grated

TOPPING

½ teaspoon oregano, dried

½ teaspoon basil, dried

½ teaspoon crushed red pepper

1 (14-ounce) can sugar-free or low-sugar diced tomatoes, drained

1 cup mozzarella cheese, shredded

1 cup full-fat Cheddar cheese, shredded

16 pepperoni slices, uncured

½ cup bell peppers, chopped

Nutrition Facts
Amount per serving
Calories 366
Total Fat 28.7g
Total Carbohydrate 5.5g
Dietary Fiber 0.9g
Total Sugars 1.5g
Protein 20.8g

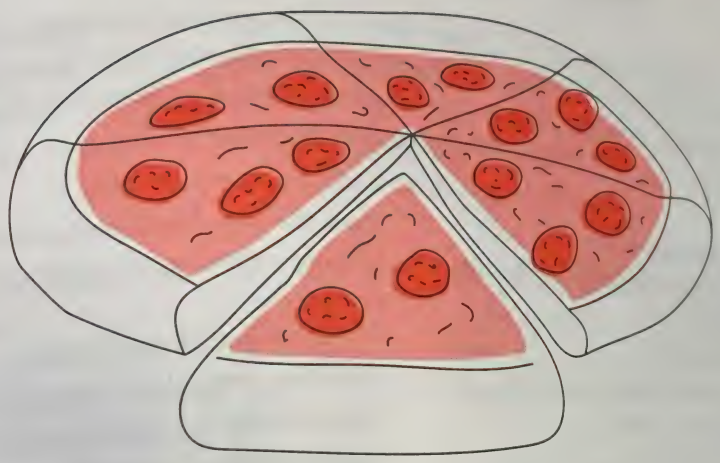
Pour 1 cup of filtered water into the inner pot of the Instant Pot, then insert the trivet.

Mix the cream cheese, egg, almond flour, and Parmesan together thoroughly, in a large bowl. Then transfer the mixture in a well-greased, Instant Pot–friendly pan (or dish). Cover loosely with aluminum foil, and then place this pan on top of the trivet.

Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 10 minutes on high pressure, and let cook.

Meanwhile, in a small bowl, mix together oregano, basil, and red pepper flakes, and set aside. Once the crust is cooked, carefully switch the pressure release to Venting. Open the Instant Pot, and very carefully remove the aluminum foil. Construct pizza by adding an even layer of diced tomatoes, mozzarella and Cheddar cheese, pepperoni, and bell

peppers. Sprinkle s
Loosely re-cover d
Close the lid t
the pressure releas
Manual/Pressure
Pot to 5 minutes
cook again.



peppers. Sprinkle spice mixture over top. Loosely re-cover dish with aluminum foil.

Close the lid to the Instant Pot, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 5 minutes on high pressure and let cook again.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting. Open the Instant Pot, serve, and enjoy!

MUSHROOM BURGERS

Serves 2

Prep Time: 5 minutes, Cook Time: 20 minutes, Total Time: 25 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 25 Minutes or Less, Kid Friendly

Did you know a mushroom works as a perfect bun substitute?

1 pound grass-fed beef, ground
½ teaspoon cayenne pepper, ground
½ teaspoon oregano, dried
½ teaspoon freshly ground black pepper
½ teaspoon kosher salt
4 portobello mushroom caps
1 cup lettuce, shredded
1 cup tomatoes, diced
1 teaspoon Dijon mustard
¼ (4-ounce) small onion, thinly sliced
½ cup full-fat Cheddar cheese, shredded

Nutrition Facts
Amount per serving
Calories 510
Total Fat 33.5g
Total Carbohydrate 7.6g
Dietary Fiber 2.1g
Total Sugars 2.1g
Protein 40.5g

Preheat your oven to 350°F. Place the mushroom caps on a lightly greased baking sheet.

Add ½ cup of filtered water to the Instant Pot, then insert the trivet. In a large bowl, mix the beef with the cayenne pepper, oregano, black pepper, and salt. Form two well-crafted patties, and place these patties on top of the trivet.

Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 20 minutes on high pressure and let cook.

While cooking, heat the mushroom caps in the oven for 5 minutes per side. When done, remove and let cool.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting. Open the lid and remove the meat. Place burgers on top of two of the mushroom caps. Top the burgers with the remaining ingredients, and complete each burger with the remaining mushroom caps.

AVOCADO-CILANTRO TACOS

Serves 4

Prep Time: 5 minutes, Cook Time: 15 minutes, Total Time: 20 minutes, Pressure: High, Release: Natural

Gluten Free, Soy Free, 25 Minutes or Less, Kid Friendly

These tacos are tasty, quick, and easy to make. The Instant Pot makes Taco Tuesday a breeze and you can swap out flavors. Try adding a sprinkle of lime juice to the mixture—or some jalapeño, curry powder, or crushed red pepper—to keep things interesting.

2 tablespoons coconut oil
1 pound grass-fed beef, ground
1 teaspoon cilantro, dried
½ teaspoon chili powder
1 avocado, mashed
2 cups full-fat Cheddar cheese, shredded
½ cup sour cream, at room temperature
1 cup lettuce, shredded

Nutrition Facts
Amount per serving
Calories 664
Total Fat 48.5g
Total Carbohydrate 6.9g
Dietary Fiber 3.6g
Total Sugars 0.8g
Protein 50.4g

Set the Instant Pot to Sauté, and melt the oil gently. Add the beef, cilantro, chili powder, and avocado. Stir in ½ cup of filtered water. Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 15 minutes on high pressure and let cook.

Once cooked, let the pressure naturally disperse from the Instant Pot for about 10 minutes, then carefully switch the pressure release to Venting.

Open the lid and remove the food. Serve inside your favorite keto-friendly tacos shells, and top with the cheese, sour cream, and lettuce.

LOBSTER BISQUE

Serves 5

Prep Time: 5 minutes, Cook Time: 4 minutes, Total Time: 9 minutes, Pressure: High, Release: Quick

Gluten Free, Soy Free, 10 Minutes or Less, Kid Friendly

Creamy, full of flavor, and downright indulgent—this keto-friendly delicacy is hands-down my absolute favorite lunchtime treat. I like to impart a creamy, buttery flavor to the bisque, which helps the other accents come out. Pair this with your favorite nutrient-dense vegetables—like spinach, broccoli, or kale—for a well-rounded meal.

3 lobster tails
3 cups grass-fed bone broth
3 cups canned, sugar-free, or low-sugar diced tomatoes
2 tablespoons Old Bay seasoning
1 garlic clove, crushed
1 teaspoon thyme, ground
1 teaspoon hot sauce (or to taste)
½ teaspoon paprika, fresh
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 cups heavy whipping cream

Nutrition Facts
Amount per serving
Calories 366
Total Fat 18.1g
Total Carbohydrate 10.6g
Dietary Fiber 0.2g
Total Sugars 7.5g
Protein 30.1g

Remove lobster meat from shells, roughly chop, and refrigerate (covered). Place the shells in the Instant Pot, then add the bone broth, tomatoes, Old Bay, garlic, thyme, hot sauce, paprika, salt, and pepper.

Close the lid, set the pressure release to Sealing, and select Manual/Pressure Cook. Set the Instant Pot to 4 minutes on high pressure and let cook.

Once cooked, perform a quick release. Using tongs, remove and throw away the shells. Switch the Instant Pot to Keep Warm mode. Mix in whipping cream, then purée with an immersion blender, until obtaining a smooth consistency.

Once done, stir in lobster tails, return lid, and seal the valve. Cook on Manual/Pressure Cook again for 3 minutes (or until desired tenderness and consistency). Perform a quick release by carefully switching the pressure valve to Venting.

CAULIFLOWER HASH

Serves 4

Prep Time: 5 minutes, Cook Time: 10 minutes, Total Time: 15 minutes, Pressure: N/A, Release: N/A

Gluten Free, Soy Free, 25 Minutes or Less, Kid Friendly

Hash browns are a traditional breakfast side, but they are a bit high in carbohydrates to truly fit a keto approach. This is where cauliflower comes in. Browning nicely, but still keeping our net carbs low, this is the perfect keto-friendly side for any breakfast recipe.

2 tablespoons grass-fed butter, softened
1 pound cauliflower, chopped into small pieces
½ teaspoon paprika, fresh
½ teaspoon freshly ground black pepper
½ teaspoon garlic
½ teaspoon kosher salt

Nutrition Facts
Amount per serving
Calories 85
Total Fat 6.2g
Total Carbohydrate 6.4g
Dietary Fiber 3g
Total Sugars 2.8g
Protein 2.3g

Set the Instant Pot to Sauté and melt the butter.

Add the cauliflower to the Instant Pot, then mix in paprika, ground pepper, garlic, and salt. Continue to stir until fully cooked (hash will be cooked when browned).

Remove from the Instant Pot, serve, and enjoy!

AVOCADO BREAKFAST BURGER

Serves 2

Prep Time: 5 minutes, Cook Time: 10 minutes, Total Time: 15 minutes, Pressure: N/A, Release: N/A

Gluten Free, Soy Free, 25 Minutes or Less, Kid Friendly

Packed with monounsaturated fatty acids, the avocado is a staple on any good keto meal plan. This breakfast burger starts your day off with the healthy fats of the avocado, as well as a generous portion of protein from the eggs. Try topping with a little hot sauce to wake up your taste buds.

2 tablespoons coconut oil
3 slices no-sugar-added bacon
2 eggs
½ cup full-fat Cheddar cheese, shredded
½ teaspoon freshly ground black pepper
½ teaspoon kosher salt
1 cup lettuce, shredded
1 avocado, halved and pitted
2 tablespoons sesame seeds

Nutrition Facts
Amount per serving
Calories 612
Total Fat 55.2g
Total Carbohydrate 12.6g
Dietary Fiber 8.1g
Total Sugars 1.3g
Protein 20.8g

Set the Instant Pot to Sauté and melt the coconut oil.

Add bacon, eggs, cheese, pepper, and salt. Stir thoroughly and continuously.

Once fully cooked, remove from the Instant Pot. Use the avocado as your bun, placing the food on top, then add the lettuce. Complete the breakfast burger by adding the other half of the avocado on top, then sprinkling with the sesame seeds.

SAVORY RANCH CHICKEN

PREP TIME: 25 MINUTES
COOK TIME: 15 MINUTES
TOTAL TIME: 40 MINUTES
YIELD: 3 TO 4 SERVINGS

Ranch is an incredibly popular dressing, and most people go crazy for that herbaceous taste. Bursting with ranch flavor, this tasty chicken dish is so easy and quick to make. You're going to love these delicious little bites of chicken!

- 3 tbsp (45 g) grass-fed butter or ghee
- 3 (4-oz [112-g]) boneless and skinless chicken breasts, cut into 1½-inch (4-cm) cubes
- 1 tbsp (3 g) dried dill
- 1 tsp sea salt
- 1 tsp granulated garlic or garlic powder
- ½ tsp onion powder
- ½ tsp ground mustard
- ½ tsp paprika
- ¼ tsp freshly ground black pepper
- Zest of 1 lemon
- ¼ cup (15 g) finely chopped fresh Italian parsley, plus more as needed
- 1 tbsp (5 g) finely chopped fresh chives, plus more as needed
- ¼ cup (60 ml) chicken broth
- ½ cup (120 ml) heavy cream
- 1 cup (240 g) cream cheese, softened
- ¾ cup (75 g) shredded Parmesan cheese

Add the butter to the Instant Pot and press Sauté. Once the butter has melted, add the chicken and sauté for 7 minutes, stirring occasionally, until the chicken is browned on most sides. Add the dill, salt, granulated garlic, onion powder, mustard, paprika, pepper, lemon zest, parsley and chives, stirring to combine. Press Keep Warm/Cancel.

Add the chicken broth, heavy cream and cream cheese to the Instant Pot, stirring until mostly incorporated.

Place the lid on the Instant Pot, making sure the steam-release valve is sealed. Press the Manual button and set the Instant Pot for 8 minutes.

When the Instant Pot beeps, press Keep Warm/Cancel. Allow the Instant Pot to release its pressure naturally for 10 minutes. Using an oven mitt, open the steam-release valve. If there is any steam left over, allow it to release until the silver dial drops, then carefully open the lid.

Add the Parmesan cheese to the Instant Pot, stirring until it is fully incorporated.

Serve immediately, garnished with additional parsley and chives, if desired.

SAV
CHI

Ranch is an in
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3 tbsp (45 g)
ghee
3 (4-oz [112-g
chicken brea
(4-cm) cubes
1 tbsp (3 g) c
1 tsp sea salt
1 tsp granula
powder
½ tsp onion
½ tsp ground
½ tsp paprik
¼ tsp freshly
Zest of 1 len
¼ cup (15 g)
Italian parsl
1 tbsp (5 g)
chives, plus
¼ cup (60
½ cup (120
1 cup (240
¾ cup (75
cheese

Cauliflower Rice Three Ways

MAKES: 4 servings
PREPARATION TIME: 15 minutes
COOKING TIME: 5 minutes

Skip the starchy sides and make keto-friendly (and vitamin-C-rich) cauliflower rice instead: it's the perfect partner for slow-cooked meat and flavorful sauces. Just add your favorite spices and you're good to go!

Ingredients

1 medium (720 g/1.6 lb) cauliflower
2 tablespoons (30 g/1.1 oz) ghee or other healthy cooking fat (see page 14)
Salt and freshly ground black pepper

MASALA CAULI-RICE:

1 teaspoon garam masala
½ teaspoon onion powder
¼ teaspoon turmeric powder
⅛ teaspoon chili powder

LEMON & HERB CAULI-RICE:

2 tablespoons (8 g/0.3 oz) fresh herbs such as basil, oregano, thyme, and parsley
1 teaspoon fresh lemon zest
½ teaspoon garlic powder

SPANISH CAULI-RICE:

½ teaspoon onion powder
½ teaspoon garlic powder
2 tablespoons (30 g/1.1 oz) tomato paste

Instructions

Run the cauliflower florets through a hand grater or food processor with a grating blade. Pulse until the florets resemble grains of rice. (See instructions on page 18.)

Grease a large saucepan with ghee and add all the aromatics for the preferred cauli-rice recipe: Masala, Lemon & Herb, or Spanish. Mix and cook over medium-low heat for up to 1 minute. Add the cauliflower rice and cook for 5 to 7 minutes, stirring constantly. Season with salt and pepper, and serve with slow-cooked meat and sauce. To store, let it cool and place in an airtight container. Refrigerate for up to 5 days.

NUTRITION FACTS PER SERVING (ABOUT 1 CUP MASALA/LEMON & HERB/SPANISH CAULI-RICE):
Total carbs: 9.6/9.4/10.2 g / Fiber: 3.8/3.7/3.9 g / Net carbs: 5.8/5.7/6.3 g / Protein: 3.6/3.6/3.7 g
Fat: 8.1/8/8 g / Energy: 116/115/118 kcal
Macronutrient ratio: Calories from carbs (21/21/23%), protein (13/13/13%), fat (66/66/64%)

Cauliflow
Three Wa

Skip the starchy sid
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Ingredients

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½ teaspoon onion powder
¼ teaspoon turmeric powder
⅛ teaspoon chili powder

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2 tablespoons (8 g/0.3 oz) fre herbs such as basil, oregan thyme, and parsley
1 teaspoon fresh lemon zest
½ teaspoon garlic powder

SPANISH CAULI-RICE:

½ teaspoon onion powder
½ teaspoon garlic powder
2 tablespoons (30 g/1.1 oz) tomato paste

NUTRITION FACTS PER SERVI
Total carbs: 9.6/9.4/10.2 g /
Fat: 8.1/8/8 g / Energy: 116
Macronutrient ratio: Calorie

Make-Ahead Slow Cooker Mash

MAKES: 12 servings
PREPARATION TIME:
COOKING TIME:

Laden with fresh herbs, slow-cooker cauliflower mash is the perfect side for your stews and casseroles. It freezes well, too, so go ahead and make a big batch. For a super-creamy version, add 1 cup (240 g/8.5 oz) cream cheese or sour cream just before blending.

Ingredients

- 2 to 3 heads (2 kg/4.4 lb) cauliflower, cut into florets
- 8 cups (1.9 L) water, or enough to cover the cauliflower
- 2 teaspoons fine sea salt, plus more to taste
- 1 teaspoon whole peppercorns
- 2 bay leaves
- 3 whole allspice
- ½ cup (110 g/3.9 oz) ghee or other healthy cooking fat (see page 14)
- 1 large (150 g/5.3 oz) yellow onion, sliced
- 4 cloves garlic, minced
- ¼ cup (15 g/0.5 oz) freshly chopped herbs of choice (parsley, dill, thyme, rosemary, etc.)

Instructions

Preheat a 5- to 6-quart (4.7- to 5.7-L) slow cooker. Place the cauliflower florets, water, salt, peppercorns, bay leaves, and allspice in the slow cooker (use a spice bag to easily remove the spices). Cover with a lid. Cook on high for 3 to 4 hours or on low for 6 to 8 hours.

Grease a skillet with the ghee. Add the onion and cook over medium-high heat for about 10 minutes, or until golden brown. Add the garlic and cook for another minute. When done, take off the heat and set aside.

When the cauliflower is tender, turn the slow cooker off and drain the water by pouring it through a colander. Discard the spices. Place the cauliflower back in the slow cooker and process with an immersion blender for a chunky texture. Or purée in batches in a food processor for a creamy texture. Add the cooked onion and garlic, including the ghee, and process to combine. Taste and season with more salt and pepper if needed. Add the fresh herbs and stir in until combined. Eat as a side with meat, or let it cool down and store in an airtight container for up to 5 days. To store for longer, spoon into single- or double-serving freezer bags.

NUTRITION FACTS PER SERVING (ABOUT ¾ CUP/180 G/6.4 OZ):
Total carbs: 9.8 g / Fiber: 3.7 g / Net carbs: 6.1 g / Protein: 3.4 g / Fat: 9.7 g / Energy: 131 kcal
Macronutrient ratio: Calories from carbs (20%), protein (11%), fat (69%)

TIPS: Bored of plain cauli-mash? Skip the bay leaves and allspice and try the following variations:

- Super creamy mash: add 1 cup (240 g/8.5 oz) cream cheese or sour cream just before blending.
- Italian pesto mash: add ½ cup (120 g/4.2 oz) Red Pesto (page 37).
- Lemon & herb mash: add 2 to 3 teaspoons (4 to 6 g) fresh lemon zest and a bunch of fresh basil leaves.
- Curried mash: add 1 tablespoon (6 g/0.2 oz) curry powder and a small bunch of cilantro.

Barbecue Pulled Pork

This pulled pork is made from pork shoulder and comes out amazingly tender and full of flavor. It cooks in my favorite Sugar-Free Barbecue Sauce (page 26) and pairs perfectly with any of the Cauliflower Rice Three Ways variations (see page 30). **SERVES 8**

1 tablespoon garlic powder
1 tablespoon mustard powder
2 teaspoons chili powder
2 teaspoons sea salt
1 teaspoon freshly ground black pepper
1 teaspoon smoked paprika
1 teaspoon ground cumin
1 teaspoon ground cinnamon
4 pounds pork shoulder, cut into 4 (1-pound) pieces
2 tablespoons Ghee (page 18)
1 cup Sugar-Free Barbecue Sauce (page 26), plus more for serving

1. In a small bowl, combine the garlic powder, mustard powder, chili powder, salt, pepper, paprika, cumin, and cinnamon and mix well. Put the pork in a medium bowl and rub the spice mixture evenly over the pieces.
2. Select the pressure cooker's Sauté or Browning feature, adjust the heat to medium, and heat the ghee until shimmering. Working in two batches, place the pork pieces in a single layer in the pressure cooker. Cook the pork, turning frequently, for about 5 minutes per batch, or until lightly browned. As the pork finishes browning, transfer to a plate.
3. Put all the pork back in the pressure cooker and add ½ cup of water and 1 cup of barbecue sauce. Stir until well combined.

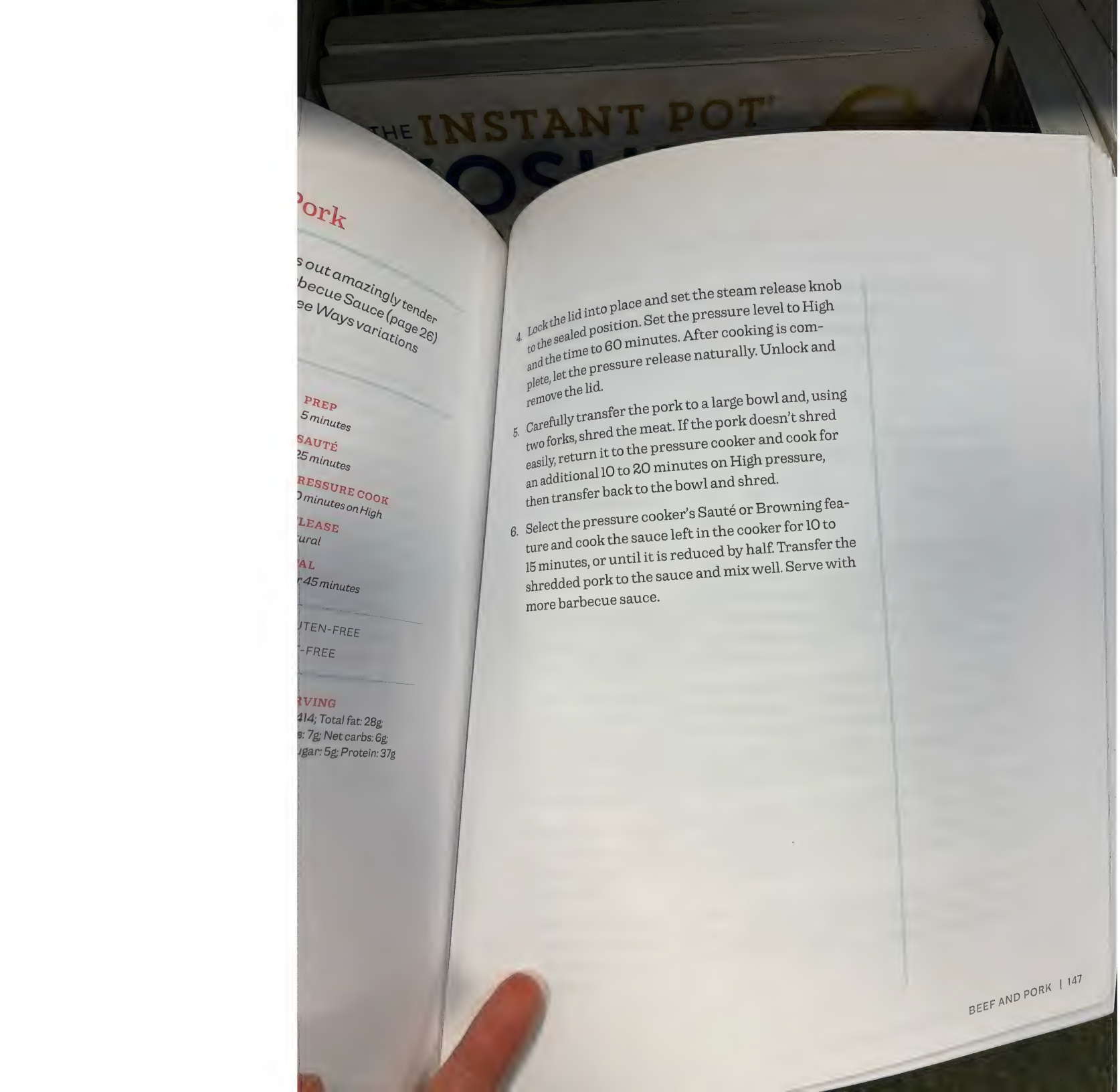
PREP
5 minutes
SAUTÉ
25 minutes
PRESSURE COOK
60 minutes on High
RELEASE
Natural
TOTAL
1 hour 45 minutes

- GLUTEN-FREE
- NUT-FREE

PER SERVING
Calories: 414; Total fat: 28g; Total carbs: 7g; Net carbs: 6g; Fiber: 1g; Sugar: 5g; Protein: 37g

MACROS
59% fat
7% carbs
34% protein

4. Lock the lid into place and set th to the sealed position. Set the p and the time to 60 minutes. A plete, let the pressure release remove the lid.
5. Carefully transfer the por two forks, shred the meat easily, return it to the pr an additional 10 to 20 r then transfer back to t
6. Select the pressure c ture and cook the sa 15 minutes, or unti shredded pork to more barbecue s



Pork

s out amazingly tender
becue Sauce (page 26)
ee Ways variations

PREP
5 minutes
SAUTÉ
25 minutes
RESSURE COOK
0 minutes on High
LEASE
ural
AL
r 45 minutes

TEN-FREE
-FREE

RVING
414; Total fat: 28g;
s: 7g; Net carbs: 6g;
ugar: 5g; Protein: 37g

4. Lock the lid into place and set the steam release knob to the sealed position. Set the pressure level to High and the time to 60 minutes. After cooking is complete, let the pressure release naturally. Unlock and remove the lid.

5. Carefully transfer the pork to a large bowl and, using two forks, shred the meat. If the pork doesn't shred easily, return it to the pressure cooker and cook for an additional 10 to 20 minutes on High pressure, then transfer back to the bowl and shred.

6. Select the pressure cooker's Sauté or Browning feature and cook the sauce left in the cooker for 10 to 15 minutes, or until it is reduced by half. Transfer the shredded pork to the sauce and mix well. Serve with more barbecue sauce.

Barbacoa Beef

This is a fabulous meal-prep dish for serving large groups. You can set it and leave it and the result is melt-in-your-mouth, spicy beef. I love to serve this at a keto taco night with romaine lettuce (chopped or used as cups), diced tomatoes, sliced avocados, and sour cream or Dairy-Free Sour Cream (page 22).

SERVES 8

- 1 onion, minced
- 6 garlic cloves, minced
- 2 to 4 chipotle chiles in adobo sauce, minced
- ½ cup freshly squeezed lime juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons ground cumin
- 1 tablespoon dried oregano
- ½ teaspoon ground cloves
- ½ cup Bone Broth (page 19) or beef broth
- 3 pounds grass-fed beef brisket, cut into 2- to 3-inch chucks
- 1 teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons avocado oil
- ¼ cup chopped fresh cilantro

1. In a small bowl, whisk together the onion, garlic, chipotles, lime juice, apple cider vinegar, cumin, oregano, cloves, and broth. Set aside.
2. In a medium bowl, season the beef chunks with salt and pepper. Select the pressure cooker's Sauté or Browning feature, adjust the heat to medium, and heat the avocado oil until shimmering. Add the beef and turn every few minutes until browned on most sides, about 6 to 8 minutes total. Pour the sauce into the pressure cooker, scraping up any browned bits with a wooden spoon.

PREP
5 minutes

SAUTÉ
13 minutes

PRESSURE COOK
60 minutes on High

RELEASE
Quick

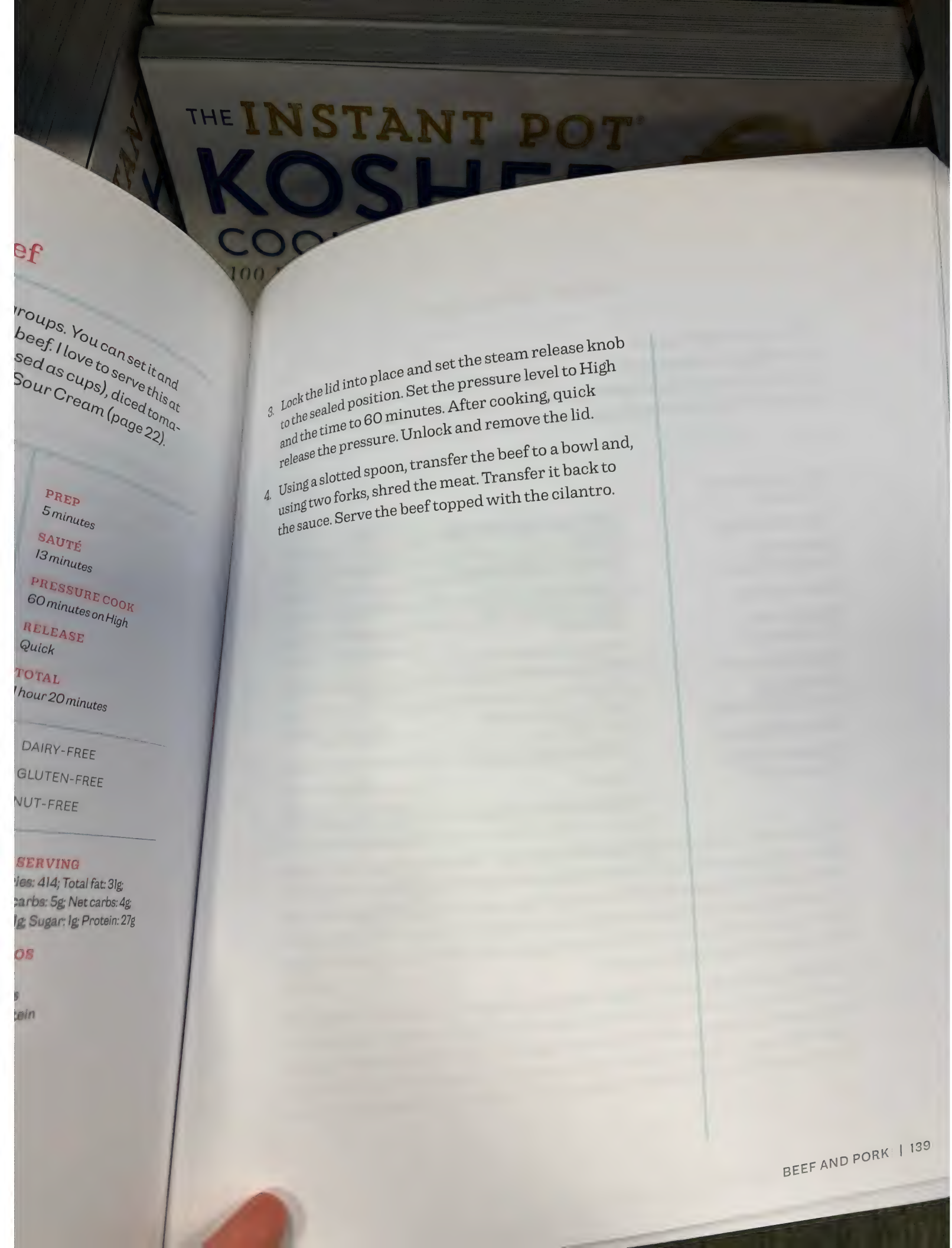
TOTAL
1 hour 20 minutes

- DAIRY-FREE
- GLUTEN-FREE
- NUT-FREE

PER SERVING
Calories: 414; Total fat: 31g; Total carbs: 5g; Net carbs: 4g; Fiber: 1g; Sugar: 1g; Protein: 27g

MACROS
69% fat
5% carbs
26% protein

3. *Lock the lid into place and s to the sealed position. Set t and the time to 60 minute*
4. *release the pressure. Unlo Using a slotted spoon, tra using two forks, shred th the sauce. Serve the bee*



3. Lock the lid into place and set the steam release knob to the sealed position. Set the pressure level to High and the time to 60 minutes. After cooking, quick release the pressure. Unlock and remove the lid.

4. Using a slotted spoon, transfer the beef to a bowl and, using two forks, shred the meat. Transfer it back to the sauce. Serve the beef topped with the cilantro.

Philly Cheesesteak

This keto variation on the classic Philadelphia cheesesteak is made from thinly sliced pieces of steak, peppers and onions, and melted cheese. Pair this gooey and delightful recipe with a side salad or green vegetable of your choice for a well-rounded, keto-friendly meal. **SERVES 6**

2 tablespoons unsalted grass-fed butter
2 large yellow onions, sliced
1 teaspoon sea salt, divided
4 garlic cloves, minced
3 green bell peppers, sliced
2 pounds grass-fed sirloin steak, thinly sliced
½ teaspoon freshly ground black pepper
1 tablespoon onion powder
1 tablespoon Worcestershire sauce
1 teaspoon dried oregano
½ cup Bone Broth (page 19) or beef broth
6 provolone cheese slices

1. Select the pressure cooker's Sauté or Browning feature, adjust the heat to medium, and heat the butter until foaming. Add the onions and ½ teaspoon of salt and sauté for 8 to 10 minutes, or until browned. Add the garlic and bell peppers and sauté for 2 to 3 minutes, or until the peppers soften. Remove the vegetables from the pressure cooker and set aside.
2. Add the sliced steak to the pressure cooker and season with the remaining ½ teaspoon of salt, the pepper, onion powder, Worcestershire sauce, and oregano. Pour in the broth.
3. Lock the lid into place and set the steam release knob to the sealed position. Set the pressure level to High and the time to 4 minutes. After cooking, quick release the pressure. Unlock and remove the lid.

PREP
5 minutes

SAUTÉ
13 minutes

PRESSURE COOK
4 minutes on High

RELEASE
Quick

BROIL
3 minutes

TOTAL
35 minutes

- GLUTEN-FREE
- NUT-FREE

PER SERVING
Calories: 566; Total fat: 39g; Total carbs: 12g; Net carbs: 8g; Fiber: 4g; Sugar: 5g; Protein: 40g

MACROS
62% fat
9% carbs
29% protein

4. Stir the onions and peppers into the steak until heated through.

5. Preheat the oven to broil. Line a baking sheet with parchment paper.

6. Using a slotted spoon, transfer the meat and vegetables to the prepared baking sheet and top with the cheese slices. Broil for 2 to 3 minutes, or until the cheese is melted.

PREP TIP: Freeze the beef for 30 minutes to make it easier to slice into superthin strips.

Beef and Broccoli

This recipe uses one my favorite condiments, coconut aminos. Coconut aminos is my staple for Asian-inspired dishes because it is the perfect substitute for soy sauce, delivering that same salty-sweet flavor without any soy, gluten, or wheat. Coconut aminos brings this beef and broccoli dish to life. **SERVES 6**

- 1½ pounds grass-fed chuck roast, thinly sliced
- ½ teaspoon sea salt
- Freshly ground black pepper
- 4 tablespoons coconut oil, divided
- ½ cup coconut aminos
- ½ cup Bone Broth (page 19) or beef stock
- 6 to 8 drops liquid stevia or preferred powdered sugar substitute equivalent to 1 to 2 tablespoons sugar (optional)
- ½ teaspoon red pepper flakes
- 1 tablespoon minced fresh ginger
- 2 shallots, minced
- 4 garlic cloves, minced
- 1 pound broccoli florets
- 1 to 2 tablespoons grass-fed beef gelatin or ¼ to ½ teaspoon xanthan gum (optional)
- Sesame seeds, for garnish
- Sliced scallion greens, for garnish

PREP
10 minutes

SAUTÉ
6 minutes

PRESSURE COOK
12 minutes on High

RELEASE
Quick

TOTAL
38 minutes

- DAIRY-FREE
- GLUTEN-FREE
- NUT-FREE

PER SERVING
Calories: 441; Total fat: 25g; Total carbs: 9g; Net carbs: 7g; Fiber: 2g; Sugar: 5g; Protein: 28g

MACROS
60% fat
9% carbs
31% protein

1. Season the beef with salt and pepper and rub with 2 tablespoons of coconut oil. Set aside. In a small bowl, combine the coconut aminos, bone broth, stevia (if using), red pepper flakes, and ginger.
2. Select the pressure cooker's Sauté or Browning feature, adjust the heat to medium, and heat the remaining 2 tablespoons of coconut oil until shimmering. Add the shallots and garlic and sauté for 1 to 2 minutes. Add the beef to the pot and sear for 1 to 2 minutes on each side, or until lightly browned. Pour the sauce mixture over the beef.

3. Lock the lid into place and set the steam release knob to the sealed position. Set the pressure level to High and the time to 12 minutes.

4. While the beef is cooking, place the broccoli in a microwave-safe bowl with ¼ cup water. Microwave for 2 to 3 minutes, or until the broccoli is tender.

5. After the beef has finished cooking, quick release the pressure. Unlock and remove the lid.

6. Select the pressure cooker's Sauté or Browning feature again and simmer the sauce until it begins to thicken. Mix in the gelatin or xanthan gum (if using). For the gelatin, mix 1 tablespoon into 4 to 5 tablespoons of cold water and let sit for 1 minute. Add half of the gelatin mixture to the sauce and mix until dissolved. Continue to add gelatin until it reaches the desired consistency (it will continue to thicken as it cools). Repeat this process with the remaining tablespoon of gelatin and additional water, if needed. For xanthan gum, a little goes a long way. Add ¼ teaspoon at a time to the beef and sauce, until thickened.

7. Stir the beef and sauce for 1 to 2 minutes, until the sauce thickens.

8. Add the broccoli and mix thoroughly. Garnish with sesame seeds and sliced scallion greens.

Chicken Buffalo Meatballs

These meatballs are the perfect appetizer for tailgating or when hosting a party. The spicy kick of the hot sauce pairs perfectly with my Avocado Ranch Dressing (page 23). This combination is finger-licking good. **SERVES 4**

- 1 pound ground chicken
- 1 large egg
- ½ cup almond flour
- 1¼ cups hot sauce without added sugars, such as Frank's RedHot, divided
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons unsalted grass-fed butter
- 2 scallions, green parts only, sliced
- 1 recipe Avocado Ranch Dressing (page 23)

1. In a large bowl, combine the ground chicken, egg, almond flour, ¼ cup of hot sauce, the garlic powder, onion powder, salt, and pepper. Mix until the ingredients are well combined.
2. Using a small ice cream scoop or your hands, scoop 1-inch balls out of the meat mixture.
3. Select the pressure cooker's Sauté or Browning feature, adjust the heat to high, and melt the butter until shimmering. Add the meatballs to the pressure cooker in small batches. Brown evenly on all sides, 1 to 2 minutes per batch. Repeat until all of the meatballs are lightly browned, transferring them to a plate as they finish.

PREP
5 minutes

SAUTÉ
8 minutes

PRESSURE COOK
5 minutes on High

RELEASE
Natural

TOTAL
43 minutes

● GLUTEN-FREE

PER SERVING
Calories: 420; Total fat: 33g; Total carbs: 10g; Net carbs: 6g; Fiber: 4g; Sugar: 3g; Protein: 25g

MACROS
67% fat
9% carbs
24% protein

balls

r when hosting a
ny Avocado Ranch
d. **SERVES 4**

PREP
5 minutes

SAUTÉ
3 minutes

PRESSURE COOK
minutes on High

ELEASE
atural

OTAL
minutes

GLUTEN-FREE

R SERVING
ories: 420; Total fat: 33g;
l carbs: 10g; Net carbs: 6g;
r: 4g; Sugar: 3g; Protein: 25g

CROS
fat
arbs
protein

4. Once all of the meatballs are browned, scrape up any bits stuck to the bottom of the pan. Transfer the meatballs back to the pressure cooker and pour the remaining 1 cup of hot sauce over them.

5. Lock the lid into place and set the steam release knob to the sealed position. Set the pressure level to High and the time to 5 minutes. After cooking, let the pressure release naturally. Unlock and remove the lid. Transfer the meatballs to a platter and serve topped with the sliced scallion greens, with the ranch dressing for dipping.

Barbecue Chicken Wings

This recipe is done in only 40 minutes and always a crowd favorite. Serve these savory wings with Avocado Ranch Dressing (page 23). **SERVES 6**

2 pounds split chicken wings

½ cup Sugar-Free Barbecue Sauce (page 26)

½ cup unsalted grass-fed butter, melted

½ teaspoon sea salt

1. Pour ¾ cup of water into the pressure cooker and place the trivet inside. Arrange the chicken wings on the trivet.
2. Lock the lid into place and set the steam release knob to the sealed position. Set the pressure level to High and the time to 5 minutes. After cooking, let the pressure release naturally.
3. While the pressure is releasing, in a small bowl, mix together the barbecue sauce, butter, and salt.
4. Preheat the oven to broil.
5. Once the pressure has finished releasing, unlock and remove the lid. Carefully remove the wings from the pressure cooker and transfer to a baking sheet. Brush the wings generously with the sauce and broil for 5 minutes. Remove the wings from the oven, flip them over to coat the opposite side with sauce, and broil for an additional 5 minutes, or until the wings reach the desired crispness.
6. Remove the wings from the oven and toss in the remaining sauce.

INGREDIENT SUBSTITUTION: Substitute the barbecue sauce for Frank's RedHot Wings sauce for buffalo style chicken wings.

PREP
5 minutes

PRESSURE COOK
5 minutes on High

RELEASE
Natural

BROIL
10 minutes

TOTAL
40 minutes

- GLUTEN-FREE
- NUT-FREE

PER SERVING
Calories: 474; Total fat: 40g; Total carbs: 2g; Net carbs: 2g; Fiber:0g; Sugar: 0g; Protein: 26g

MACROS
76% fat
2% carbs
22% protein

Lemon-Garlic Broccoli

I always stress to my clients not to overthink cooking keto. Cook green vegetables in yummy fat and seasonings, and you will hit your macro and micro nutrient goals. This recipe is a perfect example of using simple ingredients to create a flavorful and nutrient-dense side dish. **SERVES 5**

4 cups broccoli florets
3 tablespoons unsalted grass-fed butter
4 garlic cloves, chopped
1 tablespoon onion powder
1 teaspoon sea salt
¼ teaspoon red pepper flakes
Juice of ½ lemon

1. Pour 1 cup of water into the pressure cooker, place the steamer basket inside, and arrange the broccoli in the basket.
2. Lock the lid into place and set the steam release knob to the sealed position. Set the pressure level to High and the time to 0 minutes. (If you can't set your pressure cooker for 0 minutes, set it for 1 minute, but release the pressure as soon as the pot starts to count down.) After cooking, quick release the pressure. Unlock and remove the lid.
3. Remove the broccoli from the pressure cooker. Remove the steamer basket and empty the water from the pressure cooker.
4. Select the pressure cooker's Sauté or Browning feature and adjust the heat to medium. Heat the butter in the cooker until foaming. Add the garlic and sauté for 1 to 2 minutes, or until lightly browned. Add the broccoli, onion powder, salt, red pepper flakes, and lemon juice. Mix until the broccoli is evenly coated in butter and seasonings.
5. Transfer the broccoli to a serving dish and drizzle with any butter left inside the pressure cooker.

PREP
5 minutes

PRESSURE COOK
0 minutes on High

RELEASE
Quick

SAUTÉ
3 minutes

TOTAL
20 minutes

- GLUTEN-FREE
- NUT-FREE
- VEGETARIAN

PER SERVING
Calories: 122; Total fat: 9g; Total carbs: 9g; Net carbs: 6g; Fiber: 3g; Sugar: 2g; Protein: 3g

MACROS
62% fat
29% carbs
9% protein

Cauliflower Rice Three Ways

Cauliflower rice has become my favorite side dish and a base for both sauces and stews. It is so versatile and can be made with a range of flavor variations. If I am short on time I will often serve it raw, but if time allows, I have included my two favorite variations. **SERVES 4**

BASIC CAULIFLOWER RICE

1 head cauliflower, trimmed

CHEESY CAULIFLOWER RICE

4 tablespoons unsalted grass-fed butter

½ onion, minced

3 garlic cloves, minced

1 recipe Basic Cauliflower Rice

½ cup heavy cream

½ cup chopped fresh basil

½ cup grated Parmesan cheese

¼ cup cream cheese

½ teaspoon onion powder

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

COCONUT-LIME CAULIFLOWER RICE

4 tablespoons unsalted grass-fed butter

½ onion, minced

3 garlic cloves, minced

1 recipe Basic Cauliflower Rice

¾ cup full-fat coconut milk or heavy cream

Juice of 1 lime

½ teaspoon ground cumin

¼ teaspoon cayenne pepper

¼ cup chopped fresh cilantro

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

BASIC CAULIFLOWER RICE

PREP
5 minutes

TOTAL
5 minutes

- DAIRY-FREE
- GLUTEN-FREE
- NUT-FREE
- VEGAN

CHEESY CAULIFLOWER RICE AND COCONUT-LIME CAULIFOWER RICE

PREP
5 minutes

COOK
15 minutes

TOTAL
20 minutes

- GLUTEN-FREE
- NUT-FREE
- VEGETARIAN

Basic Cauli

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Basic Cauliflower Rice

Cut the cauliflower into florets and place in a food processor. Pulse until the cauliflower is broken down into rice-size pieces. Serve raw.

BASIC CAULIFLOWER RICE PER SERVING (⅛ CUP)
Calories: 52; Total fat: 0g; Total carbs: 10g; Net carbs: 5g; Fiber: 5g; Sugar: 2g; Protein: 4g

MACROS
0% fat
69% carbs
31% protein

Cheesy Cauliflower Rice

1. In a large pan, melt the butter over medium heat. Add the onion and garlic and sauté, stirring frequently, until translucent, about 3 to 5 minutes.
2. Add the cauliflower rice and cook for an additional 5 minutes, stirring occasionally.
3. Add the heavy cream, basil, Parmesan, cream cheese, onion powder, salt, and pepper. Cook for 5 to 8 more minutes, stirring frequently, until the cauliflower reaches the desired consistency.

CHEESY CAULIFLOWER RICE PER SERVING (⅛ CUP)
Calories: 241; Total fat: 28g; Total carbs: 11g; Net carbs: 8g; Fiber: 3g; Sugar: 5g; Protein: 9g

MACROS
76% fat
14% carbs
10% protein

Coconut-Lime Cauliflower Rice

1. In a large pan, melt the butter over medium heat. Add the onion and garlic and sauté, stirring frequently, until translucent, about 3 to 5 minutes.
2. Add the cauliflower rice and cook for an additional 5 minutes, stirring occasionally.
3. Add the coconut milk, lime juice, cumin, cayenne, cilantro, salt, and pepper. Cook for 5 to 8 more minutes, stirring frequently, until the cauliflower reaches the desired consistency.

COCONUT-LIME CAULIFLOWER RICE PER SERVING (⅛ CUP)
Calories: 256; Total fat: 23g; Total carbs: 11g; Net carbs: 8g; Fiber: 3g; Sugar: 5g; Protein: 5g

MACROS
77% fat
16% carbs
7% protein

PREP TIP: If using coconut milk, put the can in the refrigerator for 6 hours or more before using. This will cause the cream to separate from the milk. Open the can of coconut milk and scrape the cream out. This will make much creamier cauliflower rice. Coconut cream is ideal, and my favorite brand is Trader Joe's.

Guacamole

Avocados are one of my all-time favorite foods. I rarely go a day without eating an entire avocado, and several days a week I have two. If I am not eating them straight with a spoon, I am eating them in this guacamole recipe. **MAKES 3 CUPS**

6 ripe avocados, halved and pitted
Juice of 3 limes
½ onion, minced
¼ cup chopped fresh cilantro
1 garlic clove, minced
½ jalapeño pepper, seeded and minced
½ teaspoon ground cumin
¼ teaspoon ground cayenne pepper
Sea salt
Freshly ground black pepper
1 tablespoon extra-virgin olive oil

1. Scoop out the flesh of the avocados into a mixing bowl. Add the lime juice, onion, cilantro, garlic, jalapeño, cumin, and cayenne. Season with salt and pepper. Use a fork to mash to the desired consistency.
2. Drizzle the guacamole with the olive oil before serving.

INGREDIENT TIP: What are the two most marketed keto foods? Avocado and bacon. Why not put them together? If I am feeling fancy, I add three pieces of cooked crumbled bacon to this guacamole.

TOTAL
10 minutes

- DAIRY-FREE
- GLUTEN-FREE
- NUT-FREE
- VEGAN

PER SERVING (¼ CUP)
Calories: 133; Total fat: 12g; Total carbs: 8g; Net carbs: 3g; Fiber: 5g; Sugar: 1g; Protein: 2g

MACROS
74% fat
22% carbs
4% protein

Sugar-Free Barbecue Sauce

Conventional barbecue sauces are full of carbs and sugars, but this simple recipe is sweet, smoky, tangy, and still low-carb. **MAKES 1½ CUPS**

10 ounces canned tomato paste

¼ cup apple cider vinegar

2 tablespoons unsalted grass-fed butter

1 tablespoon Worcestershire sauce

1 tablespoon garlic powder

1 tablespoon onion powder

1 teaspoon sea salt

1 teaspoon smoked paprika

¼ to ½ teaspoon cayenne pepper

½ teaspoon chili powder

1 teaspoon liquid smoke

1 tablespoon Dijon mustard

⅓ teaspoon liquid stevia or sugar substitute equivalent to ⅓ cup sugar

1. In a small saucepan, whisk together ½ cup water with the tomato paste, apple cider vinegar, butter, Worcestershire sauce, garlic powder, onion powder, salt, smoked paprika, cayenne, chili powder, liquid smoke, Dijon mustard, and stevia. Bring to a boil, reduce the heat, and simmer for 15 minutes, stirring occasionally. When the sauce reaches the desired consistency, remove from the heat.
2. Let the sauce cool slightly and taste. If needed, adjust the spice and sweetness to your taste by adding more cayenne or stevia. Transfer to an airtight glass storage jar and refrigerate for up to 2 weeks.

PREP
5 minutes

COOK
20 minutes

TOTAL
25 minutes

- GLUTEN-FREE
- NUT-FREE

PER SERVING
Calories: 52; Total fat: 3g; Total carbs: 6g; Net carbs: 1g; Fiber: 5g; Sugar: 3g; Protein: 2g

MACROS
48% fat
41% carbs
11% protein

Bolognese Sauce

Pancetta, ground beef, and ground pork combine in this Bolognese sauce to create a party in your mouth! By using the pressure cooker, you can save time and effort without sacrificing the amazing depth of flavors you get when you cook the sauce for hours. **SERVES 6**

- 4 ounces pancetta, chopped
- 1 tablespoon unsalted grass-fed butter
- 5 garlic cloves, minced
- 1 large onion, minced
- 1 large celery stalk, minced
- 1 large carrot, minced
- 1 pound ground pork
- 1 pound grass-fed ground beef
- ⅓ cup red wine
- 1 tablespoon balsamic vinegar
- 1 (28-ounce) can crushed tomatoes with their juices
- ½ cup Bone Broth (page 19) or beef broth
- 3 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- ½ cup heavy cream
- ½ cup freshly grated Parmesan cheese
- ½ cup chopped fresh basil

1. Select the pressure cooker's Sauté or Browning feature and adjust the heat to low. Put the pancetta in the cooker and sauté for 4 to 6 minutes, or until browned.
2. Add the butter, garlic, onion, celery, and carrot and cook for 6 to 8 minutes, or until the vegetables are soft.
3. Add the pork and beef to the pressure cooker and sauté until the meat begins to brown. Use a wooden spoon to break up the meat into small pieces. Add the red wine and balsamic vinegar and continue to sauté for 2 to 3 minutes.

PREP
8 minutes

SAUTÉ
11 minutes

PRESSURE COOK
15 minutes on High

RELEASE
Natural

TOTAL
1 hour

- GLUTEN-FREE
- NUT-FREE

PER SERVING
Calories: 464; Total fat: 31g; Total carbs: 8g; Net carbs: 6g; Fiber: 2g; Sugar: 4g; Protein: 30g

MACROS
65% fat
7% carbs
28% protein

4. Add the tomatoes and their juices, the broth, bay leaves, oregano, dried basil, salt, and pepper. Stir until well mixed, scraping up any browned bits stuck to the bottom of the pan.

5. Lock the lid into place and set the steam release knob to the sealed position. Set the pressure level to High and the time to 15 minutes. After cooking, let the pressure release naturally. Unlock and remove the lid.

6. Switch back to the Sauté function. Stir in the cream, Parmesan cheese, and fresh basil and sauté until the sauce begins to thicken. Remove the bay leaves and serve the sauce over Zucchini Noodles (page 29) or Spaghetti Squash (page 32).

Avocado Ranch Dressing

Most store-bought salad dressings are full of unwanted sugars and inflammation-causing oils. This homemade ranch dressing is the perfect substitute because it is full of healthy fats and fresh herbs. **MAKES 1¼ CUPS**

1 avocado, halved, pitted, peeled, and chopped

⅓ cup full-fat coconut cream

⅓ cup Avocado Oil Mayonnaise (page 21)

2 garlic cloves, peeled

2 teaspoons freshly squeezed lemon juice

1 tablespoon chopped fresh dill

2 tablespoons chopped fresh parsley

1 tablespoon chopped fresh chives

1 teaspoon onion powder

1 teaspoon sea salt

½ teaspoon freshly ground black pepper

1. In a blender, combine all of the ingredients. Blend for 1 to 2 minutes, or until smooth.
2. Chill for 1 to 2 hours in the refrigerator. The dressing can be stored in an airtight jar in the refrigerator for up to 1 week.

PREP
5 minutes

TOTAL
8 minutes, plus 1 to 2 hours to chill

- DAIRY-FREE
- GLUTEN-FREE
- NUT-FREE
- VEGETARIAN

PER SERVING
Calories: 68 Total fat: 6g; Total carbs: 3g; Net carbs: 1g; Fiber: 2g; Sugar: 1g; Protein: 1g

MACROS
79% fat
17% carbs
4% protein

Dairy-Free Sour Cream

Because I try to limit dairy in my diet, I have found other ways to up my fat intake by making things like sour cream from coconut milk. I love to pair this recipe with Three-Meat Chili (page 80), Crispy Pork Carnitas (page 144), and Mole Chicken (page 116). **MAKES ¾ CUP**

1 (13.5-ounce) can full-fat coconut milk or ¾ cup full-fat coconut cream

1 tablespoon freshly squeezed lemon juice

1 teaspoon onion powder

⅛ teaspoon sea salt, plus more for seasoning

1 teaspoon chopped chives

1. If using coconut milk, refrigerate the can for at least 6 hours. This will cause the cream to separate. Open the can of coconut milk and scrape out only the cream into a medium bowl. If using coconut cream, measure out ¾ cup and put it in the bowl.
2. Whisk in the lemon juice, onion powder, sea salt, and chives just until the mixture is well combined and it reaches the desired consistency. Season with additional salt if desired.

PREP
5 minutes

TOTAL
5 minutes

- DAIRY-FREE
- GLUTEN-FREE
- NUT-FREE
- VEGAN

PER SERVING
Calories: 45; Total fat: 5g; Total carbs: 1g; Net carbs: 1g; Fiber: 0g; Sugar: 1g; Protein: 1g

MACROS
90% fat
5% carbs
5% protein

Avocado Oil Mayonnaise

Mayonnaise is such a wonderful and versatile ingredient. However, conventional mayonnaise is made with unwanted inflammation-causing oils such as canola. This recipe uses olive oil or avocado oil to ensure that you are getting only healthy sources of fat. Add garlic or fresh herbs to this recipe to make delicious variations. **MAKES 1¼ CUPS**

2 large egg yolks, at room temperature

1 tablespoon freshly squeezed lemon juice

1 teaspoon apple cider vinegar

1 teaspoon Dijon mustard

1 teaspoon sea salt

1 cup avocado oil or light olive oil

1. In a food processor, combine the egg yolks, lemon juice, apple cider vinegar, Dijon mustard, and salt. Blend for 20 to 30 seconds.
2. With the food processor running, slowly pour in the oil in a thin stream. Continue to mix until all the oil has been added and the mayonnaise has set.
3. Transfer to an airtight glass jar and store for up to 5 days in the refrigerator.

INGREDIENT TIP: If you don't have avocado oil, mayonnaise is the only time I suggest using light olive oil instead of a higher-quality extra-virgin olive oil. I find the flavor of extra-virgin olive oil too strong for mayonnaise.

PREP
10 minutes, plus 30 minutes to chill

TOTAL
40 minutes

- DAIRY-FREE
- GLUTEN-FREE
- NUT-FREE
- VEGETARIAN

PER SERVING (1 TABLESPOON)
Calories: 105; Total fat: 12g; Total carbs: 0g; Net carbs: 0g; Fiber: 0g; Sugar: 0g; Protein: 0g

MACROS
99% fat
0% carbs
1% protein

Sugar-Free Sweetened Condensed Milk

This condensed milk is so yummy, I could eat it with a spoon! But I usually resist and use this recipe in some of my favorite desserts, including my pressure cooker Key Lime Pie (page 156). The amount of sweetened condensed milk this recipe produces will vary slightly depending on how much it is reduced while cooking. **MAKES ABOUT 1½ CUPS**

3 cups heavy cream

3 tablespoons unsalted grass-fed butter

½ teaspoon liquid stevia or preferred powdered sugar substitute equivalent to ⅓ cup sugar

1. In a saucepan, combine the heavy cream, butter, and stevia and bring to a boil. After the cream begins to boil, reduce the heat and simmer for 15 to 20 minutes, stirring frequently.
2. When the cream mixture turns a golden brown and has a thick consistency, remove from the heat, let cool, and transfer to an airtight glass jar. Store refrigerated for 3 to 5 days.

PREP
5 minutes

COOK
25 minutes

TOTAL
30 minutes

- GLUTEN-FREE
- NUT-FREE
- VEGETARIAN

PER SERVING (¼ CUP)
Calories: 461; Total fat: 50g; Total carbs: 3g; Net carbs: 3g; Fiber: 0g; Sugar: 3g; Protein: 2g

MACROS
95% fat
3% carbs
2% protein

Bone Broth

Bone broth is a major staple in my diet. I drink it straight, use it as a substitute for water or stock to cook soups and stews, and use it to add moisture to my cauliflower rice. I love it not only because of its flavor but also because of its amazing health benefits. Bone broth is packed full of minerals, protein, gelatin, and collagen. It has been shown to improve gut health, cushion joints, boost the immune system, and improve the condition of skin and hair. **SERVES 10 TO 12**

2½ pounds assorted combination of organic chicken or beef bones

1 onion, peeled and halved

2 carrots, chopped

2 celery stalks, chopped

5 garlic cloves, peeled

2 or 3 herb sprigs (rosemary, sage, parsley, thyme)

1 tablespoon apple cider vinegar

2 teaspoons pink Himalayan sea salt

½ teaspoon whole black peppercorns

1. Preheat the oven to 450°F.
2. On a rimmed baking sheet, arrange the bones in a single layer and roast for 30 to 35 minutes.
3. Transfer the bones to the pressure cooker. Add the onion, carrots, celery, garlic, herb sprigs, apple cider vinegar, salt, and peppercorns. Cover with water until the pressure cooker is two-thirds full.
4. Lock the lid into place and set the steam release knob to the sealed position. Set the pressure level to High and the time to 120 minutes. After cooking, let the pressure release naturally. Unlock and remove the lid.
5. Set a cheesecloth-lined colander or strainer over a large bowl or pot and strain the broth, discarding the bones and vegetables. Enjoy immediately or let the broth cool and store in tightly closed mason jars for up to 5 days in the refrigerator.

PREP
10 minutes

ROAST
30 minutes

PRESSURE COOK
2 hours on High

RELEASE
Natural

TOTAL
3 hours 30 minutes

- DAIRY-FREE
- GLUTEN-FREE
- NUT-FREE

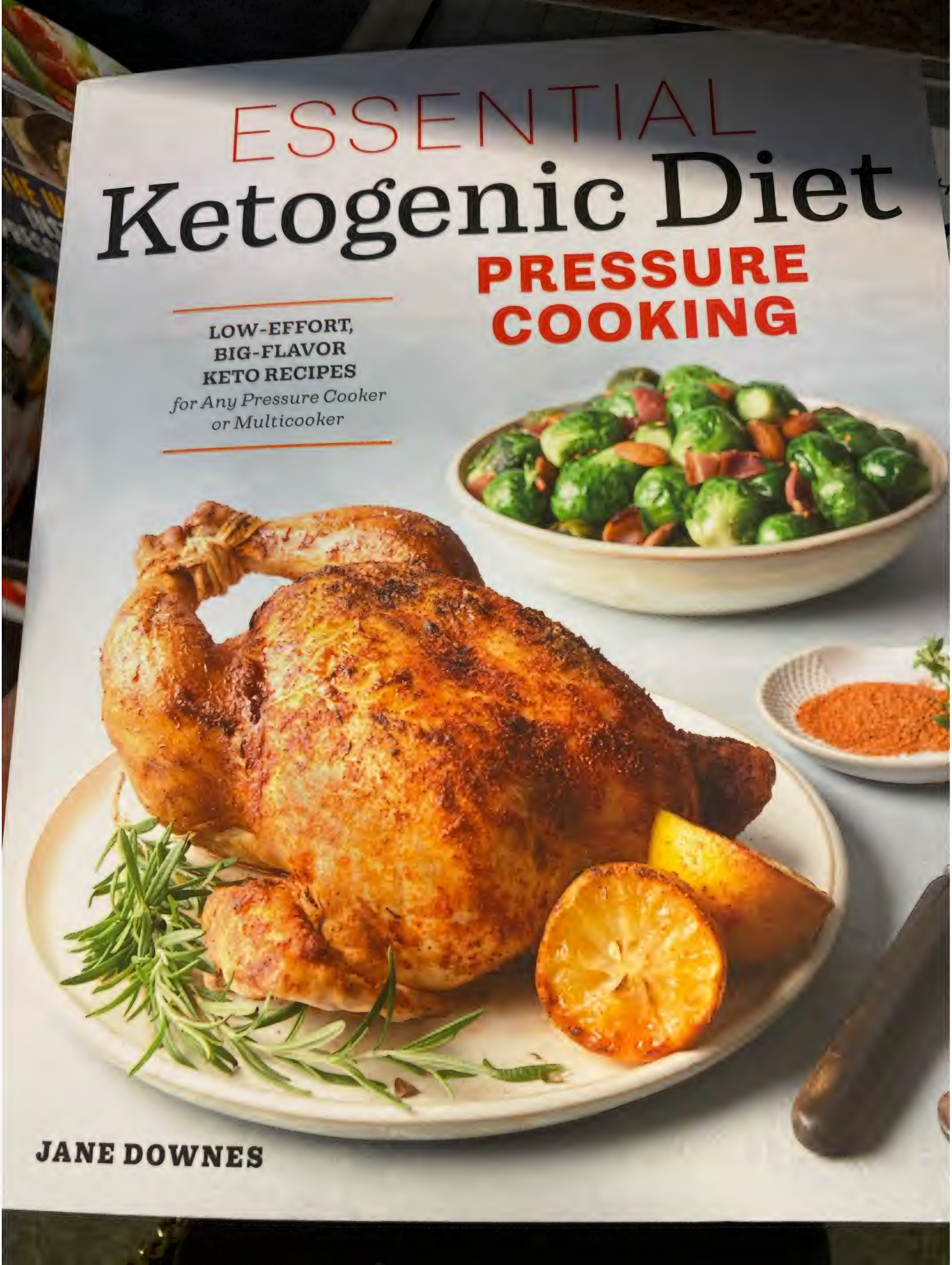
PER SERVING
Calories: 57; Total fat: 2g; Total carbs: 1g; Net carbs: 1g; Fiber: 0g; Sugar: 0g; Protein: 5g

MACROS
37% fat
41% carbs
22% protein

INGREDIENT TIP: *When cooking whole chicken, chicken thighs, or bone-in beef, save and freeze the bones to use for bone broth.*

ESSENTIAL Ketogenic Diet PRESSURE COOKING

LOW-EFFORT, BIG-FLAVOR KETO RECIPES
for Any Pressure Cooker or Multicooker



JANE DOWNES

Garlic Butter Shrimp and Asparagus

This meal is a quick one that you can prepare even for lunch in no time. A hint of spice from the red peppers and an overall zest from the lemon juice pull this meal together.

- **Hands-on time:** 5 minutes
- **Cook time:** 3 minutes

Serves 2

- 1 pound uncooked peeled shrimp, deveined
- 1 clove garlic, finely minced
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- ⅛ teaspoon red pepper flakes
- ½ pound asparagus, cut into bite-sized pieces
- Juice of ½ lemon
- 4 tablespoons butter
- 2 teaspoons chopped fresh parsley
- 1 cup water

1. Sprinkle shrimp with garlic, salt, pepper, paprika, and red pepper flakes and place in 7-cup glass bowl. Place asparagus in bowl.
2. Squeeze lemon juice over shrimp and asparagus and gently mix. Cut butter into cubes and place around dish. Sprinkle with parsley. Cover with foil. Add water to Instant Pot® and place steam rack in bottom of pot. Carefully place dish on steam rack and click lid closed.
3. Press the Steam button and adjust time for 3 minutes. When timer beeps, quick-release the pressure. Remove dish from pot. Serve warm.

CALORIES: 381
FAT: 23.2 grams
PROTEIN: 32.7 grams
SODIUM: 1,868 milligrams
FIBER: 1.6 grams
CARBOHYDRATES: 5.9 grams
NET CARBOHYDRATES: 4.3 grams
SUGAR: 1.5 grams

Garlic Butter Sh
Asparagus

This meal is a quick one that you can pr
from the red peppers and an overall zes

- **Hands-on time:** 5 minutes
- **Cook time:** 3 minutes

Serves 2

1 pound uncooked peeled shrimp, deveined
1 clove garlic, finely minced
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
⅛ teaspoon red pepper flakes
½ pound asparagus, cut into bite-sized pieces
Juice of ½ lemon
4 tablespoons butter
2 teaspoons chopped fresh parsley
1 cup water

Shrimp and Cauliflower Rice

This meal couldn't be easier. In less than 20 minutes, this meal can be cooked and on the table. It adapts to your seasoning preference and accommodates extra veggies. The cauliflower rice is filling but won't leave you with the carb bloat that white rice would.

- **Hands-on time: 3 minutes**
- **Cook time: 5 minutes**

Serves 2

- 1 pound shrimp, peeled and deveined
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon dried parsley
- 6 asparagus spears
- 1 cup water
- 2 tablespoons butter
- 1 cup uncooked cauliflower rice

1. Sprinkle seasoning on shrimp and place on steamer basket. Cut asparagus into bite-sized pieces and add to steamer basket.
2. Pour water into Instant Pot® and place steamer basket in bottom. Click lid closed. Press the Steam button and adjust time for 5 minutes.
3. When timer beeps, quick-release the pressure. Remove steamer basket and pour water out of Instant Pot®. Replace pot and press the Sauté button. Add butter to Instant Pot® along with cauliflower rice and cooked shrimp and asparagus. Stir-fry for 3–5 minutes until cauliflower is tender.

CALORIES: 283
PROTEIN: 33.1 grams
FIBER: 2.1 grams
NET CARBOHYDRATES: 4.3 grams
FAT: 12.4 grams
SODIUM: 1,876 milligrams
CARBOHYDRATES: 6.4 grams
SUGAR: 1.9 grams

Lobster Mac 'n' Cheese

Try this twist on macaroni and cheese with all the flavor and a fraction of the carbs. The lobster is juicy and adds a nice sweet flavor to the gooey cheeses. It may sound crazy at first, but cauliflower makes a great pasta replacement. It is full of nutrients and really soaks up the flavor of the meal.

- **Hands-on time: 10 minutes**
- **Cook time: 15 minutes**

Serves 4

- **1 large head cauliflower, chopped into bite-sized pieces**
- **1 cup water**
- **4 tablespoons butter**
- **½ medium onion, diced**
- **4 ounces cream cheese**
- **¼ cup heavy cream**
- **½ cup grated Gruyère cheese**
- **½ cup shredded sharp cheddar cheese**
- **1 teaspoon hot sauce**
- **1 teaspoon salt**
- **½ teaspoon pepper**
- **1 pound cooked lobster meat**

FOR A CRISPY TOPPING

To get that classic mac 'n' cheese browned top, pour mixture into oven-safe baking dish and add crushed pork rinds to top. Broil for 3–5 minutes until pork rinds are golden and crispy.

1. Place cauliflower on steamer basket. Add water to Instant Pot® and place steamer basket in bottom of pot. Click lid closed. Press the Steam button and adjust time for 1 minute.
2. When timer beeps, quick-release the pressure and remove steamer basket. Set cauliflower aside. Pour water out of pot and wipe dry.
3. Replace pot and press the Sauté button. Press the Adjust button to set heat to Less. Add butter and onion. Sauté for 3–5 minutes or until onion becomes soft and fragrant. Soften cream cheese in microwave and stir with spoon until smooth. Add cream cheese to Instant Pot®. Press the Cancel button. Press the Sauté button and press the Adjust button to set heat to Normal.
4. Add heavy cream to pot and bring to simmer. Continuously stir until ingredients are fully incorporated. Press the Cancel button.
5. Add shredded cheeses and stir quickly to melt. Add cooked cauliflower into pot, stirring until fully coated with cheese. Add hot sauce and seasoning. Chop lobster into bite-sized pieces and fold into pot. Serve warm.

CALORIES: 521
PROTEIN: 35.3 grams
FIBER: 4.5 grams
NET CARBOHYDRATES: 9.2 grams
FAT: 33.8 grams
SODIUM: 1,500 milligrams
CARBOHYDRATES: 13.7 grams
SUGAR: 6.0 grams

Layered Zucchini Lasagna

Italian foods can be tricky to replace after cutting the carbs because pasta is such a huge part of Italian cuisine. Luckily, if you focus on getting the other flavors and seasonings just right, you won't even miss the pasta. Even better, this recipe has all the right proportions to make this lasagna a weekly favorite!

- **Hands-on time: 20 minutes**
- **Cook time: 5 minutes**

Serves 4

- ½ pound 85% lean ground beef
- ½ pound 84% lean ground pork
- ½ medium onion, diced
- 1 cup Easy Tomato Sauce (see recipe in Chapter 4)
- 4 zucchini, cut into long slices
- ½ cup whole-milk ricotta
- ¼ cup grated Parmesan cheese
- 1 cup shredded whole-milk mozzarella cheese, divided
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano
- ¼ teaspoon dried parsley
- 1 cup water

1. Press the Sauté button and add beef, pork, and onion to Instant Pot®. Brown meat until no pink remains. While meat is browning, prepare zucchini and filling.
2. Place zucchini slices in single layer between paper towels and set aside.
3. In medium bowl, mix ricotta, Parmesan, half of mozzarella, and seasonings. Set aside.
4. When meat is completely cooked, spoon into a separate medium bowl and prepare to assemble lasagna. Place layer of zucchini strips on bottom of 7-inch springform pan or cake pan. Spoon ⅓ of meat onto strips and spread evenly. Spoon ½ of cheese mixture and tomato sauce onto meat layer.
5. Complete next layer of zucchini, meat, cheese, and tomato sauce. For third layer, top meat with remaining mozzarella. Cover with foil.
6. Pour water into Instant Pot® and place steam rack in bottom. Place covered pan onto steam rack and click lid closed. Press the Manual button and adjust time for 5 minutes. When timer beeps, quick-release the pressure. Serve warm with salad and high-fat dressing.

CALORIES: 513
FAT: 29.9 grams
PROTEIN: 36.7 grams
SODIUM: 966 milligrams
FIBER: 3.8 grams
CARBOHYDRATES: 17.5 grams
NET CARBOHYDRATES: 13.7 grams
SUGAR: 10.3 grams

Cheesy Beef and Broccoli

This is an especially satisfying last-minute meal. It doesn't take long to cook and freezes well too. It's a true comfort food that's very filling even though it has only a few ingredients. This is also great for your low-carb weekly meal prep because you can easily double the batch and separate into containers for the week.

- **Hands-on time: 5 minutes**
- **Cook time: 10 minutes**

Serves 4

- 1 pound 85% lean ground beef
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon dried parsley
- ¼ teaspoon dried oregano
- 2 tablespoons butter
- ¾ cup Beef Broth (see recipe in Chapter 3)
- 2 cups broccoli florets
- ¼ cup heavy cream
- 1 cup shredded mild cheddar cheese

1. Press the Sauté button and brown ground beef in Instant Pot® until there's no more pink. Press the Cancel button. Sprinkle seasonings over meat and add butter, broth, and broccoli. Click lid closed.
2. Press the Manual button and set time for 2 minutes. When timer beeps, press the Cancel button. Stir in heavy cream and cheddar until completely melted.

CALORIES: 476
FAT: 33.5 grams
PROTEIN: 29.9 grams
SODIUM: 860 milligrams
FIBER: 1.3 grams
CARBOHYDRATES: 4.3 grams
NET CARBOHYDRATES: 3.0 grams
SUGAR: 1.3 grams

Taco

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help cut the hea

- **Hands-on tim**
- **Cook time: 4**

Serves 4

- 1 pound 85% lea beef
- 2 cups shredded cabbage
- 1 cup salsa
- 1 teaspoon salt
- 1 tablespoon chili
- ½ teaspoon cumin
- ½ cup water
- 1 cup shredded che cheese

Pizza-Stuffed Chicken

Everyone is looking to spice up their chicken preparation a little bit...especially to avoid the "Chicken, again??" collective groan. There are so many ways to eliminate carbs while still maintaining traditional flavors, and this Pizza-Stuffed Chicken is a great example. Get ready for a fun chicken dinner your kids will ask for.

- **Hands-on time: 10 minutes**
- **Cook time: 15 minutes**

Serves 4

4 (6-ounce) boneless, skinless chicken breasts, butterflied
1 teaspoon salt
¼ teaspoon pepper
½ cup Easy Tomato Sauce (see recipe in Chapter 4)
16 slices pepperoni
1 cup shredded whole-milk mozzarella cheese
2 tablespoons coconut oil

1. Pound chicken breasts out until even and about ¼-inch thick. Sprinkle both sides with salt and pepper.
2. Place 2 tablespoons of sauce on each piece of chicken. Then place 4 slices of pepperoni and a quarter cup of mozzarella on each. Close each piece of chicken and secure closed with toothpicks.
3. Press the Sauté button and add coconut oil to Instant Pot®. Sear each side until golden brown. Remove chicken carefully with tongs. Pour water into Instant Pot® and add steam rack.
4. Place chicken pieces in 7-cup glass bowl. Cover with foil. Place dish on steam rack and click lid closed. Press the Manual button and adjust time for 15 minutes. When timer beeps, quick-release the pressure.

CALORIES: 428
PROTEIN: 47.3 grams
FIBER: 0.8 grams
NET CARBOHYDRATES: 3.5 grams
FAT: 20.7 grams
SODIUM: 527 milligrams
CARBOHYDRATES: 4.3 grams
SUGAR: 2.5 grams

Quick Chicken Parmesan

Chicken Parmesan is a popular Italian dish that is usually made with breaded chicken covered in tomato sauce and cheese, served over spaghetti. This recipe not only cuts the carbs from the breading, but also the unnecessary sugar that is used in most tomato sauces. For a more complete dish, you can serve it over zucchini noodles or spaghetti squash.

- **Hands-on time: 5 minutes**
- **Cook time: 15 minutes**

Serves 2

- 2 tablespoons coconut oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dried basil
- ½ teaspoon garlic powder
- ¼ teaspoon dried parsley
- 2 (6-ounce) boneless, skinless chicken breasts, butterflied
- ½ cup water
- 1 cup Easy Tomato Sauce (see recipe in Chapter 4)
- ¼ cup grated Parmesan cheese
- ¼ cup shredded whole-milk mozzarella cheese

1. Press the Sauté button and add coconut oil to Instant Pot®. Sprinkle seasoning evenly over chicken breasts and sear each side for 4 minutes or until golden brown. Press the Cancel button.
2. Add water and tomato sauce to Instant Pot®. Using rubber spatula or wooden spoon, scrape bottom of pot to make sure no seasoning or chicken has stuck to bottom. Click lid closed. Press the Manual button and adjust time for 15 minutes. When timer beeps, sprinkle Parmesan and mozzarella into pot and place lid on top while Instant Pot® is in warming mode for 5 minutes or until cheese has melted. Top with additional dried parsley if desired.

CALORIES: 548
PROTEIN: 48.9 grams
FIBER: 3.2 grams
NET CARBOHYDRATES: 14.1 grams
FAT: 28.7 grams
SODIUM: 1,511 milligrams
CARBOHYDRATES: 17.3 grams
SUGAR: 9.0 grams

Garlic Parmesan Wings

Garlic Parmesan is a milder flavor profile for wings, but don't rule it out of your rotation! This buttery, cheesy blend is a low-carb favorite at any restaurant offering wings, and your Instant Pot® version will quickly become a top rival for those chains thanks to the succulent flavor and minimal cook time.

- **Hands-on time: 5 minutes**
- **Cook time: 12 minutes**

Serves 4

2 pounds chicken wings
1 teaspoon seasoned salt
½ teaspoon pepper
½ teaspoon garlic powder
1 cup water
3 tablespoons butter
1 teaspoon lemon pepper
¼ cup grated Parmesan cheese

1. Pat wings dry and sprinkle with seasoning. Pour water into Instant Pot® and place steam rack on bottom. Place wings on steam rack and click lid closed. Press the Manual button and adjust time for 10 minutes.
2. When timer beeps, quick-release the pressure.
3. For crispy wings: place on foil-lined baking sheet and broil for 3–5 minutes.
4. Pour water out of Instant Pot®. Add butter to pot and press the Sauté button. Add lemon pepper to melted butter. Press the Cancel button. Return wings to pot and toss with tongs to completely cover with lemon pepper butter mixture. Sprinkle with Parmesan. Serve warm.

CALORIES: 536
PROTEIN: 41.7 grams
FIBER: 0.1 grams
NET CARBOHYDRATES: 1.1 grams
FAT: 39.3 grams
SODIUM: 915 milligrams
CARBOHYDRATES: 1.2 grams
SUGAR: 0.0 grams

Barbecue Wings

Some say the quality of wings can be determined by how messy your face is after you're done. These wings are dripping with zesty flavor, so you'll want a napkin close by!

- **Hands-on time: 5 minutes**
- **Cook time: 12 minutes**

Serves 4

- 1 pound chicken wings
- 1 teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon garlic powder
- 1 cup sugar-free barbecue sauce, divided
- 1 cup water

1. In bowl, toss wings in salt, pepper, garlic powder, and half of barbecue sauce. Pour water into Instant Pot®. Place steam rack on bottom of pot.
2. Place wings on steam rack and click lid closed. Press the Manual button and adjust time for 12 minutes. When timer beeps, quick-release the steam. Toss in remaining sauce.
3. For crispier wings, place on foil-lined baking sheet and broil for 5–7 minutes.

CALORIES: 237
FAT: 14.9 grams
PROTEIN: 19.9 grams
SODIUM: 1,056 milligrams
FIBER: 0.1 grams
CARBOHYDRATES: 4.3 grams
NET CARBOHYDRATES: 4.2 grams
SUGAR: 0.0 grams

Jamaican Curry Chicken

Fill your home with a Caribbean aroma as you prepare this quick and juicy Jamaican Curry Chicken. Round out the meal by serving with cauliflower rice, and don't forget to pour some of the leftover curry sauce from the pot on top!

- **Hands-on time: 5 minutes**
- **Cook time: 20 minutes**

Serves 4

- 1½ pounds chicken drumsticks
- 1 teaspoon salt
- 1 tablespoon Jamaican curry powder
- ½ medium onion, diced
- ½ teaspoon dried thyme
- 1 cup Chicken Broth (see recipe in Chapter 3)

1. Sprinkle salt and curry powder over drumsticks. Place rest of ingredients into Instant Pot®. Press the Manual button and adjust time for 20 minutes. Click lid closed.
2. When timer beeps, quick-release the pressure. Serve warm.

CALORIES: 284
FAT: 14.11 grams
PROTEIN: 31.3 grams
SODIUM: 763 milligrams
FIBER: 0.3 grams
CARBOHYDRATES: 1.7 grams
NET CARBOHYDRATES: 1.4 grams
SUGAR: 0.6 grams

Garlic Pa

Garlic Parmesan is a mil
This buttery, cheesy ble
Instant Pot® version will
succulent flavor and mi

- **Hands-on time: 5 m**
- **Cook time: 12 minut**

Serves 4

- 2 pounds chicken wi
- 1 teaspoon seasoned
- ½ teaspoon pepper
- ½ teaspoon garlic po
- 1 cup water
- 3 tablespoons butte
- 1 teaspoon lemon pe
- ¼ cup grated Parme cheese

Loaded Buffalo Wings

Wings are always a favorite keto food. They're high in fat, moderate in protein, and zero-carb—as long as there's no hidden sugar in the sauces you add. Most sauces, such as Frank's RedHot, are acceptable. This is an exciting take on traditional buffalo wings that incorporates even more flavor to the already tasty dish.

- **Hands-on time: 5 minutes**
- **Cook time: 12 minutes**

Serves 4

2 pounds chicken wings
1 teaspoon seasoned salt
½ teaspoon garlic powder
¼ teaspoon pepper
¾ cup Chicken Broth (see recipe in Chapter 3)
¼ cup buffalo sauce
⅓ cup blue cheese crumbles
2 stalks green onion, sliced
¼ cup cooked bacon crumbles

1. Pat wings dry and sprinkle with salt, garlic, and pepper. Pour broth and buffalo sauce into Instant Pot® and place wings in bottom. Click lid closed. Press the Manual button and adjust time for 12 minutes.
2. When timer beeps, quick-release the pressure. Gently stir to coat wings with sauce.
3. For crispier wings: place on foil-lined baking sheet and broil for 3–5 minutes until skin is crispy.
4. Brush with leftover sauce and top with blue cheese, green onions, and bacon.

CALORIES: 532
FAT: 37.0 grams
PROTEIN: 46.5 grams
SODIUM: 1,555 milligrams
FIBER: 0.2 grams
CARBOHYDRATES: 1.1 grams
NET CARBOHYDRATES: 0.9 grams
SUGAR: 0.2 grams

Garlic Parmesan Drumsticks

Drumsticks can be a pain to cook properly in the oven—they can get overcooked very easily. This Instant Pot® recipe changes all that, so you'll have tasty, fall-apart drumsticks in no time.

- **Hands-on time:** 5 minutes
- **Cook time:** 15 minutes

Serves 4

- 2 pounds chicken drumsticks (about 8 pieces)
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- 1 teaspoon dried parsley
- ½ teaspoon dried oregano
- 1 cup water
- 1 stick butter
- ½ cup Chicken Broth (see recipe in Chapter 3)
- ½ cup grated Parmesan cheese
- 2 ounces cream cheese, softened
- ¼ cup heavy cream
- ⅛ teaspoon pepper

1. Sprinkle seasoning evenly over drumsticks. Pour water into Instant Pot® and place steam rack into pot. Place drumsticks on steam rack and click lid closed.
2. Press the Manual button and adjust time for 15 minutes. For crispy skin, preheat oven to broil. When timer beeps, place drumsticks on foil-lined baking sheet and broil for 3–5 minutes per side or until skin begins to crisp.
3. While drumsticks are crisping, pour water out of Instant Pot®. Place pot back into heating element and press the Sauté button. Add butter to pot and let melt completely. Add broth, Parmesan, cream cheese, heavy cream, and pepper. Whisk quickly to incorporate all ingredients. Pour sauce over drumsticks and garnish with additional parsley if desired.

CALORIES: 786
PROTEIN: 53.3 grams
FIBER: 0.1 grams
NET CARBOHYDRATES: 3.4 grams
FAT: 55.4 grams
SODIUM: 1,149 milligrams
CARBOHYDRATES: 3.5 grams
SUGAR: 0.9 grams

Sweet and Sour Meatballs

This dish is often used as an appetizer, but try pairing it with sides for a weekday meal. The irresistible contrast between sweet and sour will keep everyone coming back for more.

- **Hands-on time: 10 minutes**
- **Cook time: 10 minutes**

Makes 20 meatballs; serving size 4 meatballs

- 1 pound ground chicken
- 1 egg
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- ½ medium onion, diced
- 1 cup water
- 2 teaspoons erythritol
- 1 teaspoon rice vinegar
- 2 teaspoons reduced-sugar ketchup
- ½ teaspoon sriracha

1. Mix chicken, egg, salt, pepper, garlic powder, and onion. Form into small balls. Pour water into Instant Pot® and place steam rack on bottom. Place meatballs on steam rack.
2. Click lid closed. Press the Manual button and adjust time for 10 minutes.
3. In small bowl, mix erythritol, vinegar, ketchup, and sriracha. When timer beeps, quick-release the pressure. Toss meatballs in sauce. Serve warm.

CALORIES: 152
PROTEIN: 17.4 grams
FIBER: 0.4 grams
NET CARBOHYDRATES: 1.7 grams
SUGAR ALCOHOLS: 1.6 grams
FAT: 7.6 grams
SODIUM: 569 milligrams
CARBOHYDRATES: 3.7 grams
SUGAR: 0.8 grams

Lemon Herb Whole Chicken

Busy weeknights need healthy meals too. In under 30 minutes, you can cook up a whole chicken to feed the family. The herb rub and slight hint of lemon are a great foundation for any side dish. You can use the leftover broth as a gravy or save it to make a delicious soup. Even the bones can be used later to make Bone Broth (see recipe in Chapter 3)—not a part goes to waste!

- **Hands-on time: 5 minutes**
- **Cook time: 25 minutes**

Serves 4

3 teaspoons salt
3 teaspoons garlic powder
2 teaspoons dried rosemary
2 teaspoons dried parsley
1 teaspoon pepper
1 (4–5-pound) whole chicken
2 tablespoons coconut oil
1 cup Chicken Broth (see recipe in Chapter 3)
1 lemon, zested and quartered

COOK TIME

In general, you want to cook chicken for about 6 minutes per pound in the Instant Pot®. An oven would be 20 minutes per pound, so you can really see the time savings add up!

1. In small bowl, mix salt, garlic, rosemary, parsley, and pepper. Rub herb mix over chicken. Press the Sauté button and add coconut oil to Instant Pot®. Place chicken in pot to brown for 5–7 minutes.
2. Press the Cancel button and carefully remove chicken with tongs. Add broth and scrape bottom of pot with rubber spatula or wooden spoon until no seasoning is stuck to pot. Place steam rack in pot.
3. Grate lemon zest over chicken. Place lemon quarters inside chicken. Place chicken back into Instant Pot®. Click lid closed. Press the Meat button and adjust time to 25 minutes.
4. When timer beeps, allow a 10-minute natural release and quick-release the remaining steam. Slice or shred chicken (and skin if desired); serve warm.

CALORIES: 861
PROTEIN: 54.5 grams
FIBER: 1.0 grams
NET CARBOHYDRATES: 2.1 grams
FAT: 62.9 grams
SODIUM: 1,963 milligrams
CARBOHYDRATES: 3.1 grams
SUGAR: 0.2 grams

Lazy Ranch Chicken

Short on time, but looking for a meal that isn't short on flavor? This Lazy Ranch Chicken may be simple, but every bite is loaded with richness. This recipe will quickly become a weekly staple in your household if only for the amazing smells alone!

- **Hands-on time: 5 minutes**
- **Cook time: 20 minutes**

Serves 6

- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dried oregano
- ½ teaspoon garlic powder
- 3 (6-ounce) skinless chicken breasts
- 1 cup Chicken Broth (see recipe in Chapter 3)
- 1 dry ranch packet
- 8 ounces cream cheese
- 1 stick butter

PERSONALIZE IT!

There are many fun ways to personalize this dish with your favorite toppings. Try adding steamed veggies, crumbled bacon, or spice it up with a drizzle of hot sauce.

1. Mix seasoning in small bowl and sprinkle over both sides of chicken. Place chicken breasts in bottom of Instant Pot®. Place cream cheese brick and stick of butter on top of chicken breast.
2. Click lid closed. Press the Manual button and adjust time for 20 minutes. When timer beeps, allow a 10-minute natural release. Quick-release the remaining pressure.
3. Remove chicken and shred with fork. Return to Instant Pot®. Use rubber spatula to stir. Serve warm.

CALORIES: 383
FAT: 26.9 grams
PROTEIN: 21.9 grams
SODIUM: 926 milligrams
FIBER: 0.1 grams
CARBOHYDRATES: 4.6 grams
NET CARBOHYDRATES: 4.5 grams
SUGAR: 1.3 grams

Lemon H

Busy weeknights need
chicken to feed the fam
any side dish. You can u
soup. Even the bones c
not a part goes to wast

- **Hands-on time: 5 m**
- **Cook time: 25 minu**

Serves 4

- 3 teaspoons salt
- 3 teaspoons garlic p
- 2 teaspoons dried ro
- 2 teaspoons dried pa
- 1 teaspoon pepper
- 1 (4-5-pound) whole
- 2 tablespoons cocon
- 1 cup Chicken Broth
  recipe in Chapter
- 1 lemon, zested and q

COOK TIME

In general, you want to
chicken for about 6 mir
pound in the Instant Po
oven would be 20 minu
pound, so you can reall
time savings add up!

Easy Chicken for Meal Prep

If there's one meal starter staple you'll always want to keep on hand, it's this chicken. It's perfect for soups, salads, stir-fry, burrito bowls, and more. It can even be frozen for last-minute meals. Reheat it in coconut or avocado oil for a dose of heavy fat and top it with veggies for a well-rounded and easy meal.

- **Hands-on time: 5 minutes**
- **Cook time: 10 minutes**

Serves 4

1 tablespoon coconut oil
½ teaspoon garlic powder
½ teaspoon salt
½ teaspoon dried basil
½ teaspoon pepper
½ teaspoon dried oregano
2 (6-ounce) boneless, skinless chicken breasts
1 cup water

WHAT TO PREP?

Aim to include protein, a healthy fat, and some type of veggie in your meals. If you don't want to make distinct dishes, you can throw it all together in a salad or just build a bowl of your favorite ingredients.

1. Press the Sauté button and add coconut oil to Instant Pot®. Mix seasoning in small bowl and sprinkle evenly over chicken. Once oil is sizzling, carefully add chicken to the Instant Pot®.
2. Sear chicken for 3–4 minutes until golden on each side. Remove chicken and add water to Instant Pot®. Remove any seasoning stuck to the bottom of the pot using a rubber spatula.
3. Place steam rack inside Instant Pot® and add chicken on top of steam rack.
4. Lock lid and press the Manual button. Set timer for 10 minutes. When timer beeps, allow a natural release for 5 minutes then quick-release the remaining pressure.
5. Shred, cube, or slice chicken for salads, soups, or easy meal prep.

CALORIES: 133
PROTEIN: 19.3 grams
FIBER: 0.2 grams
NET CARBOHYDRATES: 0.4 grams
FAT: 4.6 grams
SODIUM: 328 milligrams
CARBOHYDRATES: 0.6 grams
SUGAR: 0.0 grams

simple Cheese Sauce

Whether you're making a casserole or just need to add some excitement to steamed veggies, this sauce is the perfect sidekick. Use it as a base and add your favorite spices or switch up the cheese for a different flavor. This sauce will seem a little thicker at first, but once you incorporate it into your favorite recipes it will be the creamy, gooey cheese sauce you've always loved but without all the carbs.

- **Hands-on time:** 3 minutes
- **Cook time:** 5 minutes

Makes ¾ cup; serving size 2 tablespoons

2 tablespoons butter
2 tablespoons diced onion
1 ounce cream cheese
¼ cup heavy cream
¼ cup Chicken Broth (see recipe in Chapter 3)
⅛ teaspoon salt
⅛ teaspoon pepper
1 cup shredded cheddar cheese

1. Press the Sauté button and add butter to Instant Pot®. When butter is melted, add diced onion and sauté until onion is translucent.
2. Break cream cheese into small pieces and place around Instant Pot®. Use rubber spatula to help cream cheese melt by smoothing out pieces along bottom of pot. Add heavy cream, broth, salt, and pepper. Press the Cancel button. Stir in cheddar or cheese of choice.

CALORIES: 162
PROTEIN: 5.2 grams
FIBER: 0.1 grams
NET CARBOHYDRATES: 1.0 grams
FAT: 14.8 grams
SODIUM: 191 milligrams
CARBOHYDRATES: 1.1 grams
SUGAR: 0.6 grams

Cauliflower Fried Rice

If you're a fan of Asian-inspired cuisine, you've probably been missing your fried rice since cutting the carbs. Did you know that cauliflower can replace rice in this side dish too? Cauliflower Fried Rice gives you all the savory flavors of the original without the bloat or sluggishness that can come from overindulging in carbs.

- **Hands-on time: 5 minutes**
- **Cook time: 7 minutes**

Serves 4

1 head cauliflower, chopped into florets
2 tablespoons coconut oil
¼ cup diced onion
1 clove garlic, minced
⅓ cup peas
3 tablespoons soy sauce
½ teaspoon salt
¼ teaspoon pepper
1 egg
¼ cup sliced scallions

1. Place cauliflower into food processor. Pulse until rice-like; set aside. Press the Sauté button and add coconut oil to Instant Pot®.
2. Add diced onion to Instant Pot® and sauté until translucent, about 2 minutes. Add garlic and sauté 30 seconds. Add peas and cauliflower to Instant Pot®. Stir-fry for 3–5 minutes or until cauliflower becomes slightly tender.
3. Pour soy sauce over cauliflower. Sprinkle salt and pepper. Push cauliflower to sides of Instant Pot®, leaving hole in the middle. Crack egg open into middle of pot and use fork to break up egg pieces. Using rubber spatula, gently fold cooked egg pieces into rice. Press the Cancel button and sprinkle sliced scallions on top of fried rice. Serve warm.

CALORIES: 136
PROTEIN: 6.3 grams
FIBER: 4.0 grams
NET CARBOHYDRATES: 7.5 grams
FAT: 7.9 grams
SODIUM: 1,013 milligrams
CARBOHYDRATES: 11.5 grams
SUGAR: 4.2 grams

Garlic Mashed Cauliflower

We all know mashed potatoes are a classic American staple when it comes to side dishes, but you may not know that one large potato contains a whopping 64 grams of carbs. That's definitely something you'd want to avoid on a ketogenic diet! Luckily, thanks to mashed cauliflower, you won't have to miss out on the classic side.

- **Hands-on time: 3 minutes**
- **Cook time: 1 minute**

Serves 4

- 1 head cauliflower, chopped into florets
- 1 cup water
- 1 clove garlic, finely minced
- 3 tablespoons butter
- 2 tablespoons sour cream
- ½ teaspoon salt
- ¼ teaspoon pepper

CUSTOMIZE IT!

Feel free to add ½ cup of your favorite shredded cheese to the mix. Not a cheese person? Try a dash of hot sauce!

1. Place cauliflower on steamer rack. Add water and steamer rack to Instant Pot®. Press the Steam button and adjust time to 1 minute. When timer beeps, quick-release the pressure.
2. Place cooked cauliflower into food processor and add remaining ingredients. Blend until smooth and creamy. Serve warm.

CALORIES: 125
FAT: 9.4 grams
PROTEIN: 3.1 grams
SODIUM: 338 milligrams
FIBER: 3.0 grams
CARBOHYDRATES: 7.8 grams
NET CARBOHYDRATES: 4.8 grams
SUGAR: 3.0 grams

Cheesy Cauliflower Rice

Swapping out traditional rice for cauliflower in this easy, cheesy dish makes it a low-carb side you can enjoy as often as you like while maintaining your keto diet. Want to feel even better about this healthy choice? One cup of cauliflower has just about 10 percent of the total carbs in the same amount of white rice! Now that's a smart swap.

- **Hands-on time:** 3 minutes
- **Cook time:** 1 minute

Serves 4

1 head fresh cauliflower, chopped into florets
1 cup water
3 tablespoons butter
1 tablespoon heavy cream
1 cup shredded sharp cheddar cheese
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon garlic powder

1. Place cauliflower in steamer basket. Pour water into Instant Pot® and lower steamer rack into pot. Click lid closed. Press the Steam button and adjust time for 1 minute. When timer beeps, quick-release the pressure.
2. Remove steamer basket and place cauliflower in food processor. Pulse until cauliflower is broken into small pearls. Place cauliflower into large bowl, and add remaining ingredients. Gently fold until fully combined.

CALORIES: 241
PROTEIN: 9.8 grams
FIBER: 3.0 grams
NET CARBOHYDRATES: 5.0 grams
FAT: 17.9 grams
SODIUM: 518 milligrams
CARBOHYDRATES: 8.0 grams
SUGAR: 3.0 grams

CHECK THE LABEL

You may have seen premade cauliflower rice and mash products available in your grocery store. Always be sure to read the nutritional label to be sure you avoid hidden carbs or fillers.

Barbecue Sauce

In most cases a good barbecue sauce is packed full of sugar, sugar, and more sugar. This special flavor is a key part of so many popular recipes, including several in this book, so it's essential to have a good sauce recipe that's actually low-carb! With just a few simple ingredients you can easily whip up a tangy barbecue sauce in your Instant Pot® that you can jar and refrigerate. It will keep for one week in the fridge.

- **Hands-on time: 5 minutes**
- **Cook time: 10 minutes**

Makes 2 cups; serving size 2 tablespoons

1 cup reduced-sugar ketchup
½ cup tomato paste
½ cup water
3 tablespoons apple cider vinegar
2 teaspoons erythritol
½ teaspoon garlic powder
½ teaspoon liquid smoke
½ teaspoon Worcestershire sauce
⅛ teaspoon guar gum

Press the Sauté button and press the Adjust button to set heat to Less. Place all ingredients in Instant Pot®. Simmer until fragrant and begins to thicken.

CALORIES: 17
FAT: 0.0 grams
PROTEIN: 0.7 grams
SODIUM: 267 milligrams
FIBER: 0.4 grams
CARBOHYDRATES: 3.2 grams
NET CARBOHYDRATES: 2.3 grams
SUGAR: 1.0 grams
SUGAR ALCOHOLS: 0.5 grams

MORE ON GUAR GUM

Guar gum is a stabilizer that can help thicken sauces. You can typically find it in the baking aisle near the yeast and xanthan gum. It often comes in small packets, but you can also find it in larger bags at health food stores.

Blackened Chicken Bites and Ranch

This is a great on-the-go snack. The spiciness from the chicken paired with the cooling ranch is a winning duo. Gone are the days of stopping to get high-carb chicken nuggets while you're out for the day, so this quick fix is a great alternative.

- **Hands-on time: 5 minutes**
- **Cook time: 15 minutes**

Serves 1

2 ounces boneless, skinless chicken breast, cubed
¼ teaspoon dried thyme
¼ teaspoon paprika
¼ teaspoon pepper
¼ teaspoon garlic powder
3 tablespoons coconut oil
½ cup ranch dressing
2 tablespoons hot sauce

1. Toss chicken pieces in seasonings. Press the Sauté button and add coconut oil to Instant Pot®. Sear chicken until dark golden brown and thoroughly cooked.
2. To make sauce, remove chicken from Instant Pot® and press the Cancel button. Pour ranch and hot sauce into Instant Pot®. Use wooden spoon to scrape any seasoning from bottom of pot. Heat on Keep Warm for 5 minutes. Pour into small bowl for serving. Serve chicken bites warm with dipping sauce.

CALORIES: 228
FAT: 21.4 grams
PROTEIN: 6.8 grams
SODIUM: 135 milligrams
FIBER: 0.3 grams
CARBOHYDRATES: 1.0 grams
NET CARBOHYDRATES: 0.7 grams
SUGAR: 0.2 grams

Quick Queso

Queso is the king of appetizers. You simply can't have a gathering without it! This recipe is great for a late-night snack, or to bring to a game-day watch party. Excellent dippers would be pork rinds, cheese chips, and veggies, but you might just want to use a spoon!

- **Hands-on time: 3 minutes**
- **Cook time: 10 minutes**

Serves 6

8 ounces cream cheese, softened
½ cup sour cream
¼ cup heavy cream
2 tablespoons water
1 cup shredded Monterey jack cheese
1 cup shredded pepper jack cheese
1 cup cooked 85% lean ground beef mixed with ½ tablespoon taco seasoning

1. Press the Sauté button and add cream cheese, sour cream, heavy cream, and water Instant Pot®. Once mixture begins to boil, press the Cancel button.
2. Stir in remaining ingredients until smooth. Serve warm with pork rinds or veggies.

CALORIES: 404
FAT: 32.0 grams
PROTEIN: 18.1 grams
SODIUM: 448 milligrams
FIBER: 0.1 grams
CARBOHYDRATES: 3.4 grams
NET CARBOHYDRATES: 3.3 grams
SUGAR: 2.3 grams

PORK RINDS FOR DIPPING

Not sure what to dip? Pork rinds are a common low-carb chip replacement. They do have protein in them, so account for that in your day's nutrition. Sliced cucumbers and sliced celery also make great dippers.

Chicken Spinach Meatballs

Getting tired of the classic meatball options? Try this keto-friendly kind that's light but filling. These cheesy meatballs make an excellent trifecta of flavor, protein, and fiber. Add them to your zoodles to make a spaghetti-like meal. If you're really in a hurry, they have more than enough flavor to eat by themselves!

- **Hands-on time: 5 minutes**
- **Cook time: 15 minutes**

Makes 12 meatballs; serving size 2 meatballs

- 1 pound ground chicken
- ½ cup frozen spinach
- 1 egg
- ½ cup shredded pepper jack cheese
- 1 ounce cream cheese
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon dried parsley
- 1 cup water
- 2 tablespoons coconut oil

1. Mix all ingredients except water and coconut oil in large mixing bowl. Roll into 12 balls. Pour water into Instant Pot® and place steamer rack in bottom. Place meatballs on rack. (You may have to cook in two batches.) Click lid closed.
2. Press the Manual button and adjust time for 10 minutes. When timer beeps, allow a 5-minute natural release. Quick-release the remaining pressure. Remove rack with meatballs and set aside. Pour out water and replace inner pot.
3. Press the Sauté button and add coconut oil to Instant Pot®. Once oil is heated, add meatballs until browned and crispy.

CALORIES: 216
PROTEIN: 17.3 grams
FIBER: 0.4 grams
NET CARBOHYDRATES: 0.8 grams
FAT: 14.9 grams
SODIUM: 528 milligrams
CARBOHYDRATES: 1.2 grams
SUGAR: 0.3 grams

Quick

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- **Hands-on ti**
- **Cook time:**

Serves 6

- 8 ounces crea softened
- ½ cup sour cr
- ¼ cup heavy
- 2 tablespoons
- 1 cup shredde jack chees
- 1 cup shredde cheese
- 1 cup cooked ground bee
- tablespoon seasoning

PORK RINDS FO

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Simple Meatballs

When it comes to classic appetizers, it doesn't get much simpler or more classic than these meatballs. These party favorites are rolled up and steamed, then simmered in a flavorful herb-filled tomato sauce. Don't forget to sprinkle them with Parmesan and oregano!

- **Hands-on time: 5 minutes**
- **Cook time: 9 minutes**

Serves 4

1 pound 85% lean ground beef
¼ cup almond flour
¼ cup grated Parmesan
1 egg
2 teaspoons dried parsley
1 teaspoon salt
½ teaspoon dried oregano
¼ teaspoon pepper
1 cup Easy Tomato Sauce (see recipe in this chapter)
½ cup Beef Broth (see recipe in Chapter 3)

MAKE IT A MEAL

Although delicious by themselves, these meatballs can become a meal if you serve over buttery zucchini noodles and top with Parmesan cheese.

1. In large bowl, mix ground beef, almond flour, Parmesan, egg, parsley, salt, oregano, and pepper. Fully combine and roll into 12 balls.
2. Place tomato sauce and broth in bottom of Instant Pot®. Add meatballs, turning each one to coat in sauce. Click lid closed. Press the Manual button and adjust time for 9 minutes.
3. When timer beeps, allow a 5-minute natural release and quick-release the remaining pressure. Spoon sauce over meatballs. Serve warm.

CALORIES: 326 grams
PROTEIN: 26.6 grams
FIBER: 2.4 grams
NET CARBOHYDRATES: 7.6 grams
FAT: 23.4 grams
SODIUM: 1,058 milligrams
CARBOHYDRATES: 10.0 grams
SUGAR: 4.5 grams

Buffalo Chicken Dip

A tangy flavor and rich, creamy texture make this recipe a go-to on game day. With so many low-carb dipping options from pork rinds to celery sticks, you'll have no trouble finding the bottom of this dip's bowl!

- **Hands-on time: 5 minutes**
- **Cook time: 20 minutes**

Serves 6

- 3 (6-ounce) boneless, skinless chicken breasts
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- ¾ cup Chicken Broth (see recipe in Chapter 3)
- ½ cup buffalo sauce
- 4 ounces cream cheese, softened
- 3 tablespoons butter
- 1 cup shredded cheddar cheese

1. Place chicken breasts in Instant Pot® and sprinkle both sides with salt, garlic powder, and pepper. Add broth and buffalo sauce to pot. Click lid closed and press the Manual button to adjust time for 20 minutes.
2. When timer beeps, allow a 5-minute natural release and then quick-release the remaining pressure. Shred chicken with two forks and mix in cream cheese, butter, and cheddar.

CALORIES: 297
PROTEIN: 25.1 grams
FIBER: 0.1 grams
NET CARBOHYDRATES: 1.2 grams
FAT: 20.4 grams
SODIUM: 1,230 milligrams
CARBOHYDRATES: 1.3 grams
SUGAR: 0.7 grams

Buffalo Chicken Meatballs

A twist on a classic Swedish meatball appetizer, these meatballs are just as easy to make, but come with an exciting spicy kick. For an even bigger treat for your taste buds, finish off the recipe by garnishing your meatballs with blue cheese crumbles!

- **Hands-on time: 5 minutes**
- **Cook time: 10 minutes**

Serves 4

- 1 pound ground chicken
- ½ cup almond flour
- 2 tablespoons cream cheese
- 1 packet dry ranch dressing mix
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- 1 cup water
- 2 tablespoons butter, melted
- ⅓ cup hot sauce
- ¼ cup crumbled feta cheese
- ¼ cup sliced green onion

1. In large bowl, mix ground chicken, almond flour, cream cheese, ranch, salt, pepper, and garlic powder. Roll mixture into 16 balls.
2. Place meatballs on steam rack and add 1 cup water to Instant Pot®. Click lid closed. Press the Meat button and set time for 10 minutes.
3. Combine butter and hot sauce. When timer beeps, remove meatballs and place in clean large bowl. Toss in hot sauce mixture. Top with sprinkled feta and green onions to serve.

CALORIES: 367
FAT: 24.9 grams
PROTEIN: 25.0 grams
SODIUM: 1,131 milligrams
FIBER: 1.8 grams
CARBOHYDRATES: 8.6 grams
NET CARBOHYDRATES: 6.8 grams
SUGAR: 1.3 grams

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Serves 6

- 3 (6-ounce skinless
- 1 teaspoon
- ½ teaspoo
- ¼ teaspoo
- ¾ cup Chic recipe i
- ½ cup buffa
- 4 ounces c softened
- 3 tablespoo
- 1 cup shred cheese

Beef Broth

Beef Broth is an excellent base for soups and stews, and also a great go-to drink when you need a protein or sodium boost.

- **Hands-on time: 5 minutes**
- **Cook time: 120 minutes**

Makes 6 cups; serving size 1 cup

2 pounds beef bones
2 celery stalks, chopped
2 medium halved carrots
1 medium onion, peeled and halved
2 bay leaves
2 sprigs fresh thyme
6 cups water

1 Add all ingredients to Instant Pot®. Click lid closed. Press the Manual button and adjust time for 120 minutes.

2 When timer beeps, allow a full natural release. When pressure valve drops, remove large pieces of vegetables. Pour broth through fine-mesh strainer and store in closed containers in fridge or freezer.

CALORIES: 23
PROTEIN: 1.4 grams
FIBER: 0.1 grams
NET CARBOHYDRATES: 0.4 grams
FAT: 1.6 grams
SODIUM: 6 milligrams
CARBOHYDRATES: 0.5 grams
SUGAR: 0.2 grams

Chicken Broth

Homemade chicken broth is not only easy, but much more delicious than store-bought broth. As an added bonus, you can control the sodium amount to your liking. Next time you make a whole chicken, save the bones and use them for this basic broth.

- **Hands-on time: 5 minutes**
- **Cook time: 120 minutes**

Makes 6 cups; serving size 1 cup

2 pounds chicken bones
2 celery stalks, chopped
2 medium halved carrots
1 medium onion, peeled and halved
2 bay leaves
2 sprigs fresh thyme
6 cups water

1 Add all ingredients to Instant Pot®. Click lid closed. Press the Manual button and adjust time for 120 minutes.

2 When timer beeps, allow a full natural release. When pressure valve drops, remove large pieces of vegetables. Pour broth through fine-mesh strainer and store in closed containers in fridge or freezer.

CALORIES: 21
PROTEIN: 1.7 grams
FIBER: 0.1 grams
NET CARBOHYDRATES: 0.3 grams
FAT: 1.2 grams
SODIUM: 7 milligrams
CARBOHYDRATES: 0.4 grams
SUGAR: 0.2 grams

Bone Brot

This recipe will help you ut
key ingredient in bone bro
contain a wealth of prote
itself to fill up on their ar
bone broth also makes

- **Hands-on time: 5 r**
- **Cook time: 3 hour**

Makes 6 cups; ser 1 cup

2–3 pounds lefto bones
3 tablespoons
2 medium halv
2 celery stalks
2 tablespoon vinegar
1 medium or
2 whole clo
2 bay leave
8 cups wa

BENEFITS

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Bone Broth

This recipe will help you utilize every part of your chicken. The apple cider vinegar is the key ingredient in bone broth as it helps extract nutrients from the bones. The bones contain a wealth of proteins and minerals, and many low-carb followers drink the broth by itself to fill up on their anti-inflammatory, digestive, and joint-health benefits. Chicken bone broth also makes a great foundation for soups!

- **Hands-on time: 5 minutes**
- **Cook time: 3 hours**

Makes 6 cups; serving size 1 cup

- 2–3 pounds leftover chicken bones
- 3 tablespoons coconut oil
- 2 medium halved carrots
- 2 celery stalks, chopped
- 2 tablespoons apple cider vinegar
- 1 medium onion, large dice
- 2 whole cloves garlic
- 2 bay leaves
- 8 cups water

1. Press the Sauté button and add meat bones and coconut oil to Instant Pot®. Sauté for 5 minutes. Press the Cancel button.
2. Add remaining ingredients to pot and press the Soup button. Press the Adjust button to set heat to More. Set time for 3 hours. When timer beeps, allow a 20-minute natural release. Quick-release the remaining pressure.
3. Strain liquid and store in sealed jars in fridge up to 5 days.

CALORIES: 78
FAT: 6.9 grams
PROTEIN: 2.6
SODIUM: 13 milligrams
FIBER: 0.1 grams
CARBOHYDRATES: 0.5 grams
NET CARBOHYDRATES: 0.4 grams
SUGAR: 0.2 grams

BENEFITS OF BONE BROTH

Bone broth contains collagen, which helps hair, skin, and nails. It also has shown evidence to aid in joint healing and digestion.

Chicken Breakfast Sandwich

Chicken is a unique yet wholesome way to start your day. This recipe makes chicken the star of a breakfast sandwich, replacing the bread you may be used to with chicken. It gives you a beneficial protein boost as part of a very fulfilling meal.

- **Hands-on time: 5 minutes**
- **Cook time: 15 minutes**

Serves 1

- 1 (6-ounce) boneless, skinless chicken breast
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon garlic powder
- 2 tablespoons coconut oil, divided
- 1 egg
- 1 cup water
- ¼ avocado
- 2 tablespoons mayo
- ¼ cup shredded white cheddar
- Salt and pepper to taste

1. Cut chicken breast in half lengthwise. Use meat tenderizer to pound chicken breast until thin. Sprinkle with salt, pepper, and garlic powder, and set aside.
2. Add 1 tablespoon coconut oil to Instant Pot®. Press Sauté button, then press Adjust button and set temperature to Less. Once oil is hot, fry the egg, remove, and set aside. Press Cancel button. Press Sauté button, then press Adjust button to set temperature to Normal. Add second tablespoon of coconut oil to Instant Pot® and sear chicken on each side for 3–4 minutes until golden.
3. Press the Manual button and set time for 8 minutes. While chicken cooks, use fork to mash avocado and then mix in mayo. When timer beeps, quick-release the pressure. Put chicken on plate and pat dry with paper towel. Use chicken pieces to form a sandwich with egg, cheese, and avocado mayo. Season lightly with salt and pepper.

CALORIES: 761
PROTEIN: 52.4 grams
FIBER: 2.5 grams
NET CARBOHYDRATES: 2.7 grams
FAT: 52.6 grams
SODIUM: 996 milligrams
CARBOHYDRATES: 5.2 grams
SUGAR: 0.4 grams

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Serves 1

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1 egg
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HOT CHOCOLATE

Lower-sugar homemade hot chocolate is ready in minutes and stays warm for hours in the Instant Pot. It's also delicious when served cold.

1 Add all ingredients to the inner pot and select **Sauté (Medium).** Whisk continuously until combined and steaming hot. Taste a cooled spoonful, and add more maple syrup, cocoa powder, and chocolate chips as desired for a sweeter or darker blend. Press **Cancel.**

2 Set the Instant Pot to **Warm (Low).** Ladle the warm hot chocolate from the inner pot into mugs and enjoy with a dollop of dairy-free whipped cream, if desired. Store leftovers in the refrigerator for up to 5 days.

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SERVES: 3 (MAKES ABOUT 3 CUPS)

PREP: 2 MINUTES
PRESSURE: 5 MINUTES
TOTAL: 7 MINUTES

SETTINGS: SAUTÉ (MEDIUM), WARM (LOW)
RELEASE: NONE

3 cups Almond Milk (see p157)
½ tsp pure vanilla extract
1–2 tbsp unsweetened cocoa powder
Pinch of sea salt
1 tbsp pure maple syrup
1–2 tbsp dairy-free dark chocolate chips
Dairy-free whipped cream, to serve

tip *This recipe works perfectly with 1 batch of Almond Milk (see p157), but feel free to double this recipe when serving guests or larger groups. You can also use any store-bought, unsweetened plant-based milk here.*

Nutrition per serving:
CALORIES: 125; **TOTAL FAT:** 8g; **SATURATED FAT:** 1g; **CHOLESTEROL:** 0mg; **SODIUM:** 79mg; **TOTAL CARBOHYDRATE:** 10g; **FIBER:** 3g; **PROTEIN:** 4g

Cauliflower Mac and Cheese

SERVES 4

This recipe receives universal raves, and with good reason—it's creamy, it's rich, it's easy to make, and it's keto. What's not to love? This might just be the recipe to convert those self-proclaimed haters of cauliflower.

2 cups Cauliflower Rice (page 149)

2 tablespoons cream cheese, at room temperature

½ cup half-and-half

½ cup grated sharp Cheddar cheese

1 teaspoon salt

1 teaspoon freshly ground black pepper

1. In a heatproof bowl, mix the cauliflower, cream cheese, half-and-half, Cheddar cheese, salt, and pepper together. Cover the bowl with aluminum foil.

2. Pour 2 cups of water into the inner cooking pot of the Instant Pot®, then place a trivet in the pot. Place the bowl on the trivet.

3. Lock the lid into place. Select Manual or Pressure Cook and adjust the pressure to High. Cook for 5 minutes. When the cooking is complete, let the pressure release naturally for 10 minutes, then quick-release any remaining pressure. Unlock the lid and carefully remove the bowl. Remove the foil.

4. Place the cooked cauliflower under the broiler, and broil until the cheese is brown and bubbling, 3 to 5 minutes. Serve immediately.

Per Serving Calories: 134; Total Fat: 11g; Total Carbs: 4g; Net Carbs: 3g; Fiber: 1g; Sugar: 2g; Protein: 6g

PREP TIME
5 minutes

PRESSURE COOK/MANUAL
5 minutes high pressure

RELEASE
Natural 10 minutes, then Quick

TOTAL TIME
30 minutes

MACROS
70% Fat
13% Carbs
17% Protein

GLUTEN-FREE

SOY-FREE

VEGETARIAN

5 INGREDIENTS OR LESS

UNDER 45 MINUTES

Now and Later Butter Chicken

SERVES 4

When I first made my now-famous butter chicken, all I focused on was getting the easiest and best butter chicken I could. Despite years of cooking keto, it didn't occur to me until much later that this recipe was fabulously keto-friendly. But that epitomizes what good keto cooking should be: taste first, normal everyday ingredients where possible, and macros that align. This recipe does make twice the amount of sauce the chicken needs, although opinions are divided on this. The rather large contingent of sauce drinkers argue it's not enough sauce, but the chicken agrees with me—there's plenty of sauce to save and use with shrimp, fish, or cooked meats, or on top of fried eggs.

1 (14.5-ounce) can diced tomatoes, undrained

5 or 6 garlic cloves, minced

1 tablespoon minced fresh ginger

1 teaspoon ground turmeric

1 teaspoon cayenne

1 teaspoon smoked paprika

2 teaspoons Garam Masala (page 151), divided

1 teaspoon ground cumin

1 teaspoon salt

1 pound boneless, skinless chicken breasts or thighs

½ cup unsalted butter, cut into cubes, or ½ cup coconut oil

½ cup heavy (whipping) cream or full-fat coconut milk

¼ to ½ cup chopped fresh cilantro

4 cups Cauliflower Rice (page 149) or cucumber noodles

1. Put the tomatoes, garlic, ginger, turmeric, cayenne, paprika, 1 teaspoon of garam masala, cumin, and salt in the inner cooking pot of the Instant Pot®. Mix thoroughly, then place the chicken pieces on top of the sauce.

2. Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 10 minutes. When the cooking is complete, let the pressure release naturally. Unlock the lid. Carefully remove the chicken and set aside.

PREP TIME
15 minutes

SAUTÉ
5 minutes

PRESSURE COOK/MANUAL
10 minutes high pressure

RELEASE
Natural

TOTAL TIME
55 minutes

MACROS
63% Fat
13% Carbs
24% Protein

GLUTEN-FREE

Now and Later Butter Chicken

SERVES 4

When I first made my now-famous butter chicken, all I focused on was getting the easiest and best butter chicken I could. Despite years of cooking keto, it didn't occur to me until much later that this recipe was fabulously keto-friendly. But that epitomizes what good keto cooking should be: taste first, normal everyday ingredients where possible, and macros that align. This recipe does make twice the amount of sauce the chicken needs, although opinions are divided on this. The rather large contingent of sauce drinkers argue it's not enough sauce, but the chicken agrees with me—there's plenty of sauce to save and use with shrimp, fish, or cooked meats, or on top of fried eggs.

- 1 (14.5-ounce) can diced tomatoes, undrained
- 5 or 6 garlic cloves, minced
- 1 tablespoon minced fresh ginger
- 1 teaspoon ground turmeric
- 1 teaspoon cayenne
- 1 teaspoon smoked paprika
- 2 teaspoons Garam Masala (page 151), divided
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 pound boneless, skinless chicken breasts or thighs
- ½ cup unsalted butter, cut into cubes, or ½ cup coconut oil
- ½ cup heavy (whipping) cream or full-fat coconut milk
- ¼ to ½ cup chopped fresh cilantro
- 4 cups Cauliflower Rice (page 149) or cucumber noodles

PREP TIME
15 minutes

SAUTÉ
5 minutes

PRESSURE COOK/MANUAL
10 minutes high pressure

RELEASE
Natural

TOTAL TIME
55 minutes

MACROS
63% Fat
13% Carbs
24% Protein

GLUTEN-FREE

1. Put the tomatoes, garlic, ginger, turmeric, cayenne, paprika, 1 teaspoon of garam masala, cumin, and salt in the inner cooking pot of the Instant Pot®. Mix thoroughly, then place the chicken pieces on top of the sauce.

2. Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 10 minutes. When the cooking is complete, let the pressure release naturally. Unlock the lid. Carefully remove the chicken and set aside.

3. Using an immers
all the ingredients i
blender, but be car
leave the inside lid
sauce cool before
will be thinner tha

4. Add the butte
garam masala, a
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5. Remove hal
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6. Cut the ch
the sauce.

7. Preheat th
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8. Serve o

Per Serving C
Sugar: 7g; Pro

3. Using an immersion blender in the pot, blend together all the ingredients into a smooth sauce. (Or use a stand blender, but be careful with the hot sauce and be sure to leave the inside lid open to vent.) After blending, let the sauce cool before adding the remaining ingredients or it will be thinner than is ideal.

4. Add the butter cubes, cream, remaining 1 teaspoon of garam masala, and cilantro. Stir until well incorporated. The sauce should be thick enough to coat the back of a spoon when you're done.

5. Remove half the sauce and freeze it for later or refrigerate for up to 2 to 3 days.

6. Cut the chicken into bite-size pieces. Add it back to the sauce.

7. Preheat the Instant Pot® by selecting Sauté and adjust to Less for low heat. Let the chicken heat through. Break it up into smaller pieces if you like, but don't shred it.

8. Serve over cauliflower rice or raw cucumber noodles.

Per Serving Calories: 512; Total Fat: 36g; Total Carbs: 16g; Net Carbs: 10g; Fiber: 6g; Sugar: 7g; Protein: 31g

TIP: To make this dish later with the extra sauce, use leftover cooked chicken and mix it in with the gently heated sauce, let it simmer for a few minutes for the flavors to meld together, and there you go. Add the cilantro on top.

Mexican-Style Chicken with Red Salsa

SERVES 8

This simple yet flavorful chicken will add great pizzazz to your dinner table. It's fast, delicious, and extremely flavorful. You're going to feel like you're adding waaaay too many spices—but you're not. You're adding just the right amount, and the dish is going to be spectacular when you're done. It's one of those super-easy recipes where you do minimal browning, then throw everything in the Instant Pot® and just let it cook. Add fat, if desired, by topping with Cheddar cheese and avocado.

- 2 pounds boneless, skinless chicken thighs, cut into bite-size pieces
- 1½ tablespoons ground cumin
- 1½ tablespoons chili powder
- 1 tablespoon salt
- 2 tablespoons vegetable oil
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (5-ounce) can tomato paste
- 1 small onion, chopped
- 3 garlic cloves, minced
- 2 ounces pickled jalapeños from a can, with juice
- ½ cup sour cream

1. Preheat the Instant Pot® by selecting Sauté and adjusting to high heat.
2. In a medium bowl, coat the chicken with the cumin, chili powder, and salt.
3. Put the oil in the inner cooking pot. When it is shimmering, add the coated chicken pieces. (This step lets the spices bloom a bit to get their full flavor.) Cook the chicken for 4 to 5 minutes. ➤

PREP TIME
10 minutes

SAUTÉ
5 minutes

PRESSURE COOK/MANUAL
15 minutes high pressure

RELEASE
Natural 10 minutes, then Quick

TOTAL TIME
50 minutes

MACROS
66% Fat
8% Carbs
26% Protein

GLUTEN-FREE

SOY-FREE

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4. Add the tomatoes, tomato paste, onion, garlic, and jalapeños.

5. Lock the lid into place. Select Manual or Pressure Cook and adjust the pressure to High. Cook for 15 minutes. When the cooking is complete, let the pressure release naturally for 10 minutes, then quick-release any remaining pressure. Unlock and remove the lid.

6. Use two forks to shred the chicken. Serve topped with the sour cream. This dish is good with mashed cauliflower, steamed vegetables, or a salad.

Per Serving Calories: 329; Total Fat: 24g; Total Carbs: 8g; Net Carbs: 6g; Fiber: 2g; Sugar: 5g; Protein: 21g

Smoky Ribs

SERVES 4

This recipe for smoky pressure cooker ribs requires two things: a pressure cooker and a smoker. You'll get perfectly tender smoked ribs in under 2 hours, with minimal hands-on time. If you're a barbecue purist with a smoker who doesn't like sauce on your ribs, you will love this recipe, as the smoked ribs don't need it. If you're a bad planner who wants last-minute ribs, you too will love this recipe. If you don't have a smoker, a broiling option is provided here, too.

2 tablespoons barbecue rub or Mexican-spice rub (see Tip)

1 cup water

½ cup apple cider vinegar

1 rack pork baby back ribs, about 2 pounds

FOR SMOKING THE RIBS

¼ to ½ cup wood chips

FOR BROILING THE RIBS

⅓ cup prepared low-carb barbecue sauce

1. If you're using a smoker, preheat it to 225°F. (If you do not have a smoker, skip this and broil the ribs at the end of cooking; see directions on page 128.)

2. Remove the white membrane from the bottom of the ribs. The easiest (and, really, the only effective) way to do this is to use a paper towel to grab one end of the membrane before you start to pull. With the other hand, hold the rack in place until the membrane is released.

3. Season the ribs with a rub of your choice, or use my Mexican-spice rub recipe (see Tip on page 128).

4. Pour the water and vinegar into the inner cooking pot of the Instant Pot®, then place a trivet or steamer rack in the pot.

5. Coil the ribs on the trivet so they are standing up on one end. ➤

PREP TIME
10 minutes

PRESSURE COOK/MANUAL
20 minutes high pressure

RELEASE
Natural 10 minutes, then Quick

TOTAL TIME
50 minutes, plus up to 1 hour to smoke or 10 minutes to broil

MACROS
68% Fat
10% Carbs
22% Protein

DAIRY-FREE

5 INGREDIENTS OR LESS

6. Lock the lid into place. Select Manual or Pressure Cook and adjust the pressure to High. Cook for 20 minutes. When the cooking is complete, let the pressure release naturally for 10 minutes, then quick-release any remaining pressure. Unlock the lid.

7. To finish the ribs, either smoke them or place them under a broiler.

To smoke the ribs

1. If you did not preheat the smoker, do so now (see step 1 on page 126). Once preheated, put 1 cup of water in the water pan of your smoker.

2. Put the cooked ribs on the smoker rack.

3. Add the wood chips and allow the ribs to smoke for 30 minutes to 1 hour, until they are browned and acquire a smoky flavor. You do not need barbecue sauce if you are smoking the meat, as it will simply mask the beautiful smokiness of the meat.

To broil the ribs

1. Turn the oven broiler on high. Line a roasting pan with aluminum foil. Put the ribs on the foil.

2. Baste the ribs with the barbecue sauce to add flavor and keep the ribs from drying out.

3. Broil the ribs for 5 to 10 minutes, or until well-browned and cooked through.

Per Serving Calories: 712; Total Fat: 54g; Total Carbs: 10g; Net Carbs: 10g; Fiber: 0g; Sugar: 7g; Protein: 37g

TIP: Here's how to make my amazing Mexican-spice rub: In a small bowl, mix together 1 tablespoon brown sugar, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon smoked paprika, 1 teaspoon ground cumin, 1 teaspoon salt, ½ teaspoon ancho chili powder, and ½ teaspoon freshly ground black pepper. It's a great rub for these ribs, and for other beef and pork recipes.

Sausages

SERVES 4

This Instant Pot® sau
that requires no pre
choice. I often throw
cook them with the
frozen veggies an

4 smoked sausag
6 cups chopped

1. Place the s
Instant Pot®

2. Lock the
and adjust
the cookin
for 5 minu
Unlock t

3. Eat a

Per Servi
Sugar: 1

6. Lock the lid into place. Select Manual or Pressure Cook and adjust the pressure to High. Cook for 20 minutes. When the cooking is complete, let the pressure release naturally for 10 minutes, then quick-release any remaining pressure. Unlock the lid.

7. To finish the ribs, either smoke them or place them under a broiler.

To smoke the ribs

1. If you did not preheat the smoker, do so now (see step 1 on page 126). Once preheated, put 1 cup of water in the water pan of your smoker.

2. Put the cooked ribs on the smoker rack.

3. Add the wood chips and allow the ribs to smoke for 30 minutes to 1 hour, until they are browned and acquire a smoky flavor. You do not need barbecue sauce if you are smoking the meat, as it will simply mask the beautiful smokiness of the meat.

To broil the ribs

1. Turn the oven broiler on high. Line a roasting pan with aluminum foil. Put the ribs on the foil.

2. Baste the ribs with the barbecue sauce to add flavor and keep the ribs from drying out.

3. Broil the ribs for 5 to 10 minutes, or until well-browned

TIP: Here's how to make my amazing Mexican-spice rub: In a small bowl, mix together 1 tablespoon brown sugar, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon smoked paprika, 1 teaspoon ground cumin, 1 teaspoon salt, ½ teaspoon ancho chili powder, and ½ teaspoon freshly ground black pepper. It's a great rub for these ribs, and for other beef and pork recipes.

BONUS RECIPE: GOLDEN CAULIFLOWER RICE

MAKES 4 SERVINGS

- 2 tablespoons coconut oil or ghee
- ¾ teaspoon ground turmeric
- ¼ teaspoon curry powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon sea salt
- 1 batch Cauliflower Rice (opposite)
- ¼ cup slivered almonds (optional)

1. In a large skillet, heat the coconut oil over medium heat. Add the turmeric, curry powder, pepper, and salt and cook, stirring constantly, until fragrant, 1 to 2 minutes. Do not allow the spices to burn.
2. Add the cauliflower rice and stir very well to completely coat it with the oil and spices. Cook, stirring, for about 1 minute. Taste-test the rice. Adjust the salt if needed and cook longer if you want softer rice.
3. Just before serving, stir in the slivered almonds, if desired. Serve warm.

MACRONUTRIENTS PER SERVING

NO ALMONDS
CALORIES: 96
FAT: 7 G/61 CALORIES
CARBOHYDRATE: 8 G/32 CALORIES
PROTEIN: 3 G/12 CALORIES

WITH ALMONDS
CALORIES: 141
FAT: 11 G/95 CALORIES
CARBOHYDRATE: 9 G/38 CALORIES
PROTEIN: 5 G/19 CALORIES

Perhaps one of the most visible signs that the low-carb movement has officially gone mainstream is that you can find riced cauliflower in the produce and freezer sections of most grocery stores now. The convenience can't be beat, but it's obviously not as fresh as making it yourself. The Instant Pot offers the best of both worlds—fast and fresh! Once it is cooked, you can add fats like butter or extra-virgin olive oil, and any herbs or spices you want; or you can use the rice in another recipe.

CAULIFLOWER RICE

MAKES FOUR TO SIX 1-CUP SERVINGS, DEPENDING ON THE SIZE OF THE CAULIFLOWER

1 cup water
1 medium head cauliflower

MACRONUTRIENTS PER 1 CUP

CALORIES: 20
FAT: 0 G/0 CALORIES
CARBOHYDRATE: 4 G/16 CALORIES
PROTEIN: 2 G/8 CALORIES

1. Pour the water into the Instant Pot. Place the metal steam rack/trivet inside. Place the whole cauliflower on the rack.

2. Secure the lid and turn the steam release valve to Sealing. Press the Pressure Cook or Manual button and set the cook time to 2 minutes.

3. When the Instant Pot beeps, allow the pressure to release naturally for 5 minutes, then carefully switch the steam release valve to Venting. When fully released, open the lid and transfer the cauliflower to a cutting board. Allow it to cool for a few minutes.

4. When it is cool enough to handle, cut it into florets. Working in small batches, place the florets in a food processor and pulse until it reaches the desired consistency. Transfer it to a bowl.

BONUS R
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¼ teaspo
¼ teaspo
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¼ teaspo
1 batch
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¼ cup sl
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MACRONUT

NO ALMO
CALORIES
FAT: 7 G/6
CARBOHY
PROTEIN

WITH AL
CALORIE
FAT: 11 G
CARBOH
PROTEIN

I don't know about you, but I'd rather do something else with my Sunday morning than wait 45 minutes at a trendy breakfast spot, especially when I could have this preparation done in less time than it would take me to get a table.

CHORIZO BREAKFAST TACOS

MAKES 6 SERVINGS

- 2 tablespoons avocado oil
- 1½ pounds fresh chorizo or links with casings removed
- ¾ cup sour cream
- ½ cup chicken broth
- 6 large eggs, washed
- Large lettuce or cabbage leaves to use as taco shells

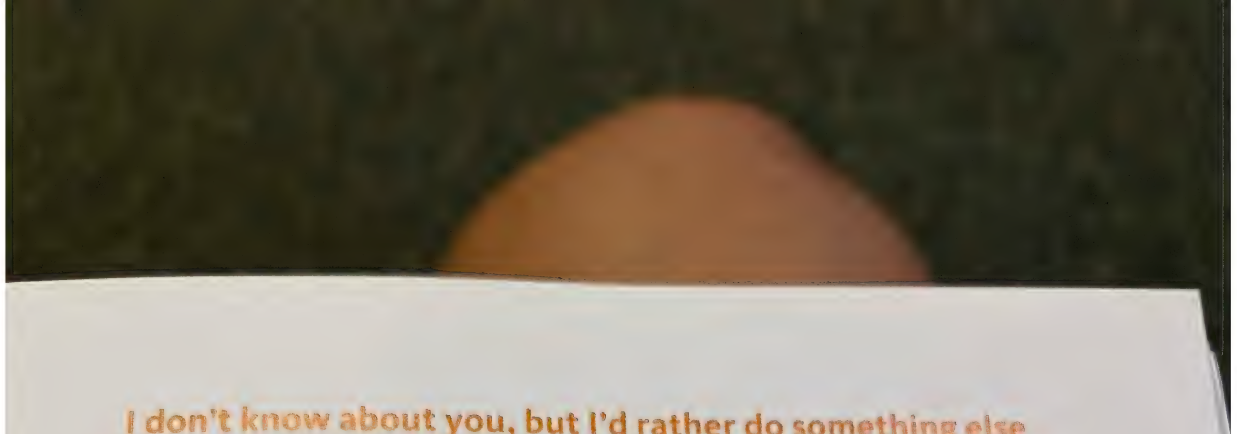
TOPPINGS (OPTIONAL)

- ½ cup shredded cheddar cheese
- ¾ cup mashed avocado
- 2 tablespoons finely chopped fresh cilantro
- Chile-lime salt (like Tajín)

MACRONUTRIENTS PER SERVING

NO TOPPINGS
CALORIES: 695
FAT: 59 G/531 CALORIES
CARBOHYDRATE: 4 G/16 CALORIES
PROTEIN: 35 G/140 CALORIES
WITH ALL OPTIONAL TOPPINGS
CALORIES: 793
FAT: 67 G/599 CALORIES
CARBOHYDRATE: 10 G/41 CALORIES
PROTEIN: 38 G/153 CALORIES

1. Set the Instant Pot to Sauté and heat the oil. Crumble in the chorizo. Sauté for 2 minutes, breaking up the meat with a wooden spoon or meat chopper.
2. Stir in the sour cream and broth.
3. Place a long-legged metal trivet directly on top of the sausage mixture. Place the eggs on the trivet.
4. Press Cancel. Secure the lid and set the steam release valve to Sealing. Press the Pressure Cook or Manual button and set the cook time to 10 minutes. Meanwhile, fill a medium bowl with ice water for the eggs.
5. When the Instant Pot beeps, carefully switch the steam release valve to Venting to quick-release the pressure. When fully released, open the lid. Use tongs or a large spoon to transfer the eggs immediately to the ice bath. Stir the chorizo mixture and allow it to rest in the Instant Pot on Keep Warm.
6. When the eggs are cool enough to handle, peel and slice them.
7. To serve, use a slotted spoon to spoon the chorizo into lettuce or cabbage cups. Top with the sliced egg and any of the optional toppings if desired. Or, transfer the chorizo to a serving bowl, put the toppings in individual small bowls, and serve the lettuce or cabbage alongside to create a keto "taco" bar. For a little extra zest, I like a squeeze of lime on top.



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'AST TACOS

MAKES 6 SERVINGS

1. Set the Instant Pot to Sauté and heat the oil. Crumble in the chorizo. Sauté for 2 minutes, breaking up the meat with a wooden spoon or meat chopper.

2. Stir in the sour cream and broth.

3. Place a long-legged metal trivet directly on top of the sausage mixture. Place the eggs on the trivet.

4. Press Cancel. Secure the lid and set the steam release valve to Sealing. Press the Pressure Cook or Manual button and set the cook time to 10 minutes. Meanwhile, fill a medium bowl

CHORIZO BREAK

- 2 tablespoons avocado o
- 1½ pounds fresh chorizo o links with casings rem
- ⅓ cup sour cream
- ½ cup chicken broth
- 6 large eggs, washed
- Large lettuce or cabb leaves to use as taco

TOPPINGS (OPTIONAL)

- ½ cup shredded chedd cheese
- ¾ cup mashed avocad
- 2 tablespoons finely chopped fresh cilan
- Chile-lime salt (like

MACRONUTRIENTS PER SER

NO TOPPINGS
CALORIES: 695
FAT: 59 G/531 CALORIES
CARBOHYDRATE: 4 G/16
PROTEIN: 35 G/140 CALO
WITH ALL OPTIONAL TOP
CALORIES: 793
FAT: 67 G/599 CALORIES

Your kids will think you're a superhero when you serve them this creation! They'll never go back to the lame commercial mixes devoid of nutrients and laden with chemicals like phthalates that disrupt healthy hormone production and function.

CAULIFLOWER MAC AND CHEESE

MAKES 6 SERVINGS

- 1 cup water
- 1 large cauliflower, chopped into bite-size florets
- 1 cup heavy whipping cream
- ½ cup sour cream
- 1 cup shredded Gruyère or mozzarella cheese
- 2½ cups shredded sharp cheddar cheese
- 1 teaspoon ground mustard
- 1 teaspoon ground turmeric
- Sea salt
- Pinch of cayenne pepper (optional)

MACRONUTRIENTS PER SERVING

CALORIES: 371
FAT: 31 G/279 CALORIES
CARBOHYDRATE: 8 G/32 CALORIES
PROTEIN: 18 G/72 CALORIES

1. Pour the water into the Instant Pot. Place a metal steaming basket inside. Put the cauliflower florets in the basket. Secure the lid and set the steam release valve to Sealing. Press the Pressure Cook or Manual button and set the cook time to 3 minutes. When the Instant Pot beeps, carefully switch the steam release valve to Venting to quick-release the pressure. When fully released, open the lid.

2. Meanwhile, prepare the cheese sauce. In a large skillet, gently bring the cream to a simmer over medium to medium-low heat. Whisk in the sour cream until smooth, then gradually whisk in the Gruyère and 2 cups of the cheddar until melted. Stir in the ground mustard and turmeric. Taste and adjust the salt.

3. Remove the cauliflower from the pot and toss it in the cheese sauce to coat. Serve warm, topped with the remaining cheddar and a sprinkling of cayenne (if using).

CAULIFLO

- 1 cup water
- 1 large cauli into bite-
- 1 cup heavy
- ½ cup sour
- 1 cup shre mozzare
- 2½ cups sh chedda
- 1 teaspo
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MACRONU

CALORIE

FAT: 31 G

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PROTEI

Pulled pork is simply the best if you like to prep food for the week or if you are feeding a crowd (or just a family with a couple teenagers!). It is delicious on its own, and it makes an excellent base for lettuce-wrapped tacos, soups, stews, omelets, and hashes. Check out the recipe for Pulled Pork Burrito Bowls (page 122) and Creamy Pork and Mushroom Stew (page 124) for two tasty ways to use the leftovers.

MAKES ABOUT SIX 5-OUNCE SERVINGS

In a large glass bowl, mix together ¼ cup of the avocado oil, lime juice, and all the seasonings. Add the pork and toss to t. Marinate at room temperature for 30 minutes, or cover refrigerate for up to 8 hours.

hen you are ready to cook, set the Instant Pot to Sauté dd the remaining 2 tablespoons avocado oil. When the ot, add two pieces of the pork and brown for 3 minutes. d brown 3 minutes on the second side. Remove the d pork to a plate and repeat for the other two pieces of erve the marinade.

e broth into the pot and use a wooden spoon to bottom of the pot to loosen any browned bits. he pork to the pot along with any juices that the plate. Pour the reserved marinade over

cel. Secure the lid and set the steam release valve ess the Pressure Cook or Manual button and set to 90 minutes.

5. When the Instant Pot b... allow the pres... naturally for 10 minutes, ... carefully switc... release valve to Venting. ... fully release... Use tongs to carefully remove one piece of ... a cutting board. Use two forks to shred th... shredded meat in a large bowl. If desired ... cooking liquid and stir it into the shredd... liquid ¼ cup at a time until the pork is ...

BONUS STEP

Spread the shredded pork out on a ... sheet or broiler pan. Drizzle with ... rack about 4 inches below the h... Place the pan under the br... some pieces have beco...

Pulled pork is simply the best if you like to prep food for the week or if you are feeding a crowd (or just a family with a couple teenagers!). It's delicious on its own, and it makes an excellent base for lettuce-wrapped tacos, soups, stews, omelets, and hashes. Check out the recipe for Pulled Pork Burrito Bowls (page [illegible]) and Creamy Pork and Mushroom Stew (page 114) for two tasty ways to use the leftovers.

MAKES ABOUT SIX 5-OUNCE SERVINGS

PULLED PORK

¼ cup plus 2 tablespoons avocado oil

Juice of 2 limes

1 tablespoon kosher salt

1 tablespoon ground cumin

1 teaspoon ground coriander

1 teaspoon garlic powder

¼ teaspoon ground cinnamon

Approximately 3½ pounds boneless pork shoulder (butt), large fat deposits trimmed, cut into 4 pieces

1 cup bone broth (see page 32) or filtered water

MACRONUTRIENTS PER 5-OUNCE SERVING

CALORIES: 532
FAT: 43 G/386 CALORIES
CARBOHYDRATE: 2 G/9 CALORIES
PROTEIN: 33 G/132 CALORIES

1. In a large glass bowl, mix together ¼ cup of the avocado oil, the lime juice, and all the seasonings. Add the pork and toss to coat. Marinate at room temperature for 30 minutes, or cover and refrigerate for up to 8 hours.

2. When you are ready to cook, set the Instant Pot to Sauté and add the remaining 2 tablespoons avocado oil. When the oil is hot, add two pieces of the pork and brown for 3 minutes. Flip and brown 3 minutes on the second side. Remove the browned pork to a plate and repeat for the other two pieces of pork. Reserve the marinade.

3. Pour the broth into the pot and use a wooden spoon to scrape the bottom of the pot to loosen any browned bits. Return all the pork to the pot along with any juices that collected on the plate. Pour the reserved marinade over the pork.

4. Press Cancel. Secure the lid and set the steam release valve to Sealing. Press the Pressure Cook or Manual button and set the cook time to 90 minutes.

Pulled pork is simply the best if you like to prep food for the week or if you are feeding a crowd (or just a family with a couple teenagers!). It is delicious on its own, and it makes an excellent base for lettuce-wrapped tacos, soups, stews, omelets, and hashes. Check out the recipe for Pulled Pork Burrito Bowls (page 122) and Creamy Pork and Mushroom Stew (page 124) for two tasty ways to use the leftovers.

ILLED PORK

MAKES ABOUT SIX 5-OUNCE SERVINGS

- up plus 2 tablespoons ocado oil
- ce of 2 limes
- espoon kosher salt
- spoon ground cumin
- oon ground coriander
- on garlic powder
- n ground n
- nately 3½ pounds ork shoulder

1. In a large glass bowl, mix together ¼ cup of the avocado oil, the lime juice, and all the seasonings. Add the pork and toss to coat. Marinate at room temperature for 30 minutes, or cover and refrigerate for up to 8 hours.

2. When you are ready to cook, set the Instant Pot to Sauté and add the remaining 2 tablespoons avocado oil. When the oil is hot, add two pieces of the pork and brown for 3 minutes. Flip and brown 3 minutes on the second side. Remove the browned pork to a plate and repeat for the other two pieces of pork. Reserve th

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S ABOUT SIX 5-OUNCE SERVINGS

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5. When the Instant Pot beeps, allow the pressure to release naturally for 10 minutes, then carefully switch the steam release valve to Venting. When fully released, open the lid. Use tongs to carefully remove one piece of pork at a time to a cutting board. Use two forks to shred the meat. Place the shredded meat in a large bowl. If desired, scoop ¼ cup of the cooking liquid and stir it into the shredded pork, adding more liquid ¼ cup at a time until the pork is as moist as you prefer.

BONUS STEP

Spread the shredded pork out on a heavy rimmed baking sheet or broiler pan. Drizzle with more avocado oil. Position a rack about 4 inches below the heat and heat the broiler to low. Place the pan under the broiler until the meat is browned and some pieces have become crispy. Watch it carefully. Toss with tongs before serving.

One of the cool, less well-known features of the Instant Pot is that it can be used to heat up leftovers, which is great for people who prefer not to microwave food. The results from the Instant Pot are better, too! The food retains its moisture and heats evenly. There are several options for reheating pulled pork, but these two are my preferred.

PULLED PORK BURRITO BOWLS

MAKES 4 SERVINGS

1½ tablespoons pork lard or fat of choice
1 small green bell pepper, sliced
1 small red bell pepper, sliced
½ medium onion, sliced
1 clove garlic, chopped
¼ teaspoon ground cumin
¼ teaspoon kosher salt
1 pound leftover Pulled Pork (page 116)
½ cup chicken bone broth (see page 32)
¼ to 1 cup filtered water

FOR THE BURRITOS

6 cups chopped lettuce or spring mix
6 cups shredded green cabbage or store-bought slaw mix
⅓ cup sour cream
¼ cup salsa of choice
½ cup prepared guacamole
¼ cup minced fresh cilantro leaves

OPTION 1

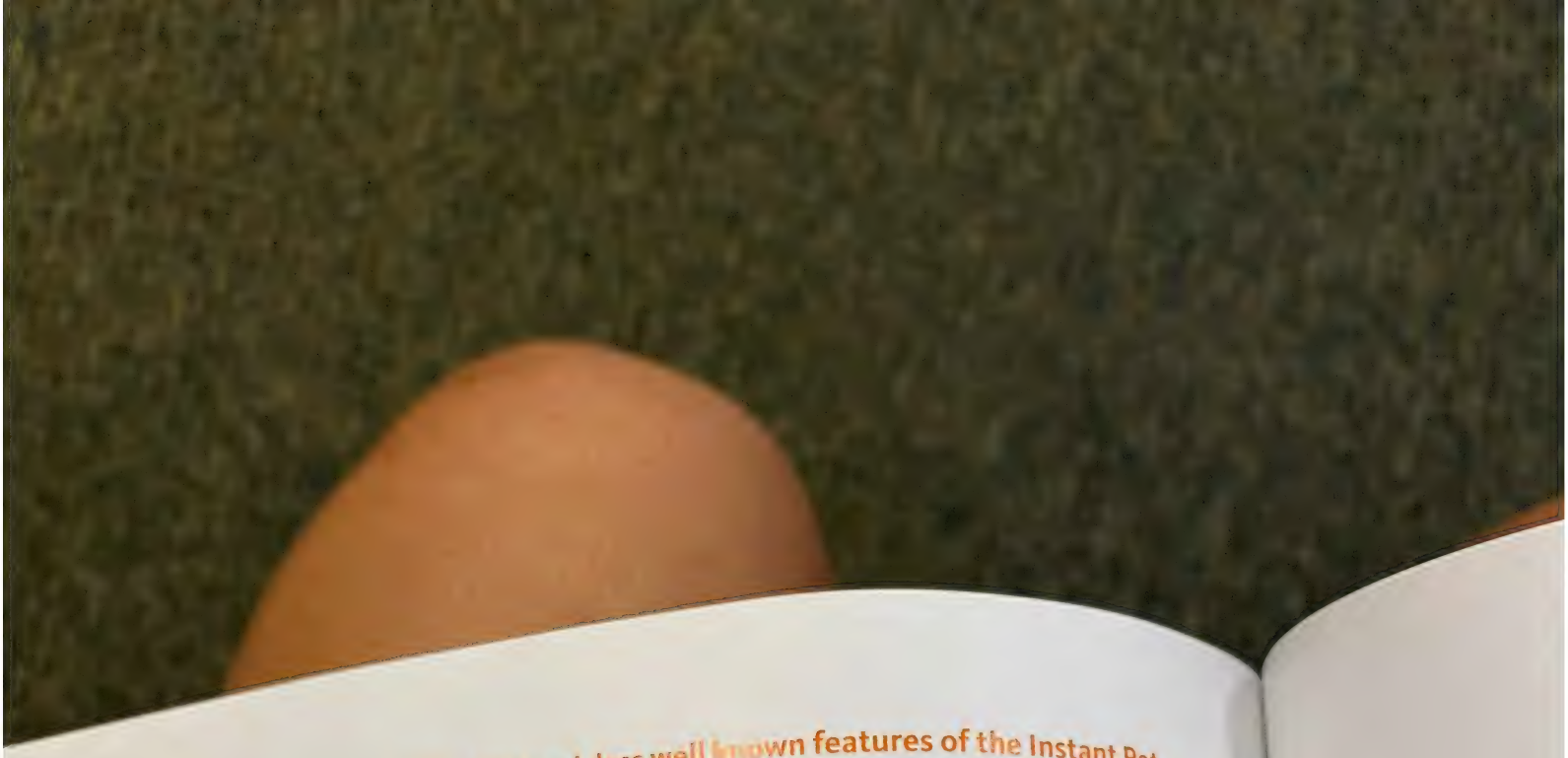
1. Set the Instant Pot to Sauté and melt the lard. Add the bell peppers and onion and sauté, stirring frequently, for 2 minutes. Add the garlic, cumin, and salt and stir well to combine. Press Cancel.

2. Stir in the pulled pork and pour in the broth. (If your meat is very dry, add ¼ to ½ cup water.) Secure the lid and set the steam release valve to Sealing. Press the Pressure Cook or Manual button and set the cook time to 1 minute.

3. While the pork heats, begin to assemble the burritos: Divide the lettuce and cabbage equally among four large salad bowls. If desired, in a small bowl, stir together the sour cream and salsa and set aside.

4. When the Instant Pot beeps, carefully switch the steam release valve to Venting to quick-release the pressure. When fully released, open the lid. Use tongs to stir the meat and vegetables.

5. Use the tongs to place a heaping serving of the pulled pork and vegetables on top of each salad. Top each with 2 tablespoons guacamole. If you mixed the salsa and sour cream together, drizzle about 2 tablespoons of the mixture over each salad. Otherwise, simply place a dollop of each on the salad. Finally, sprinkle with fresh cilantro and serve.



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PULLED PORK BURRITO BOWLS

MAKES 4 SERVINGS

- 1½ tablespoons pork lard or fat of choice
- 1 small green bell pepper, sliced
- 1 small red bell pepper, sliced
- ½ medium onion, sliced
- 1 clove garlic, chopped
- teaspoon ground cumin
- teaspoon kosher salt
- pound leftover Pulled Pork (page 116)
- up chicken bone broth (see page 32)
- up filtered water

OPTION 1

1. Set the Instant Pot to Sauté and melt the lard. Add the bell peppers and onion and sauté, stirring frequently, for 2 minutes. Add the garlic, cumin, and salt and stir well to combine. Press Cancel.

2. Stir in the pulled pork and pour in the broth. (If your meat is very dry, add ¼ to ½ cup water.) Secure the lid and set the steam release valve to Sealing. Press the Pressure Cook or Manual button and set the cook time to 1 minute.

3. While the pork heats, begin to assemble the burritos: Divide the lettuce and cabbage equally among four large salad bowls. If desired, in a small bowl, stir together the sour cream and salsa and

OPTION 2

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OPTION 2

1. Place the leftover pulled pork in a Pyrex, stainless steel, or silicone baking dish that fits inside your Instant Pot. Pour the ½ cup broth over the pork unless you saved it in its own cooking liquid and it is already quite moist. Cover the baking dish with a silicone lid or a metal lid from your pots and pans. Otherwise, use foil.

2. Pour 1 cup of water into the Instant Pot. If your metal steam rack/trivet does not have handles, make a sling (see Note, page 42). Place the steam rack/trivet inside and arrange the sling over it so the two ends stick up like handles, then lower the dish onto the sling and rack.

3. Secure the lid and select the Steam function. Set the cook time to 5 minutes.

4. While the pork reheats, in a medium skillet, melt the lard over medium heat. Add the bell peppers and onion and sauté, stirring frequently, for 3 minutes. Stir in the garlic, cumin, and salt and sauté 1 to 2 minutes more. Remove the skillet from the heat.

5. Begin to assemble the burritos: Divide the lettuce and cabbage equally among four large salad bowls. Place a serving of the sautéed peppers and onions on each. If desired, in a small bowl, stir together the sour cream and salsa and set aside.

6. When the Instant Pot beeps, carefully switch the steam release valve to Venting to quick-release the pressure. When fully released, open the lid. Use the sling to carefully remove the pork.

7. Stir the pulled pork, then use tongs to place a heaping serving on top of each salad. Top each with 2 tablespoons guacamole. If you mixed the salsa and sour cream together, drizzle about 2 tablespoons of the mixture over each salad. Otherwise, simply place a dollop of each on the salad. Finally, sprinkle with fresh cilantro and serve.

MACRONUTRIENTS PER SERVING

CALORIES: 508
FAT: 37 G/333 CALORIES
CARBOHYDRATE: 20 G/79 CALORIES
PROTEIN: 27 G/107 CALORIES

PERFECT POT ROAST

MAKES 6 SERVINGS

- *3-pound grass-fed beef chuck roast*
- *2 teaspoons sea salt or Himalayan pink salt*
- *6 tablespoons avocado oil or melted beef tallow*
- *½ teaspoon celery salt*
- *½ teaspoon smoked paprika*
- *½ teaspoon onion powder*
- *½ teaspoon dried parsley flakes*
- *¼ teaspoon ground white pepper*
- *2 cups beef bone broth (see page 32) or vegetable broth*
- *1 small red onion, thinly sliced*
- *2 stalks celery, including leaves, cut into 1-inch pieces*
- *1 medium sweet potato, peeled and cut into ½-inch cubes*

1. Sprinkle the roast with salt and ideally allow it to sit at room temperature for 30 to 60 minutes.

2. Set the Instant Pot to Sauté and add ¼ cup of the oil, swirling to coat the bottom of the pot. When the oil is hot, place the roast inside and sear it for 3 minutes, then flip it and sear for 3 minutes on the second side.

3. While the roast sears, in a small bowl, mix the celery salt, smoked paprika, onion powder, parsley, and white pepper.

4. Use heavy-duty tongs to carefully remove the roast to a large bowl. Deglaze the pot with about ¼ cup broth, scraping the bottom with a wooden spoon to loosen any browned bits.

5. Pour in the remaining broth and add all but 1 teaspoon of the spice mixture. Stir in the onion and celery. Return the roast to the pot.

6. Press cancel. Secure the lid and set the steam release valve to Sealing. Press the Meat/Stew button, making sure the pressure is set to High. (If it is not, press the Meat/Stew button 1 or 2 more times until High pressure is selected.) Adjust the cook time to 70 minutes.

So tender you can pull it apart, with vegetables so perfectly cooked you'll be excited for leftovers. If you are strictly limiting carbs, you can omit the sweet potato, or better yet, leave it in for cooking but opt not to eat any.

CT POT ROAST

MAKES 6 SERVINGS

- grass-fed beef ast
- s sea salt or n pink salt
- ns avocado oil or ef tallow
- celery salt
- moked paprika
- nion powder
- ried parsley
- ound white
- ne broth (see

1. Sprinkle the roast with salt and ideally allow it to sit at room temperature for 30 to 60 minutes.

2. Set the Instant Pot to Sauté and add ¼ cup of the oil, swirling to coat the bottom of the pot. When the oil is hot, place the roast inside and sear it for 3 minutes, then flip it and sear for 3 minutes on the second side.

3. While the roast sears, in a small bowl, mix the celery salt, smoked paprika, onion powder, parsley, and white pepper.

4. Use heavy-duty tongs to carefully remove the roast to a large bowl. Deglaze the pot with about ¼ cup broth, scraping the bottom with a wooden spoon to loosen any browned bits.

5. Pour in the remaining broth and add all but 1 teaspoon of

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7. While the roast cooks, in a medium bowl, combine the sweet potato, turnip, and squash and drizzle with the remaining 2 tablespoons oil. Season with the reserved 1 teaspoon of the spice mix. Stir well to coat the vegetables with the oil and spices. Allow to sit at room temperature.

8. When the Instant Pot beeps, allow the pressure to release naturally for 10 minutes, then carefully switch the steam release valve to Venting. When fully released, open the lid. Carefully remove the roast to a cutting board to rest.

9. Press Cancel. Add the sweet potato, turnip, and squash to the liquid in the pot. Secure the lid and set the steam release valve to Sealing. Press the Pressure Cook or Manual button and set the cook time to 3 minutes.

10. When the Instant Pot beeps, carefully switch the steam release valve to Venting to quick-release the pressure. When fully released, open the lid and stir the contents.

11. Slice the roast across the grain, or pull it apart with tongs. Divide the meat among six serving bowls. Ladle a generous portion of the broth and vegetables from the pot on top of the meat. Garnish with fresh parsley and serve hot.

1 medium turnip, peeled and cut into ½-inch cubes

2 small yellow squash, cut into ½-inch slices

3 tablespoons finely chopped fresh parsley leaves (optional)

MACRONUTRIENTS PER SERVING

CALORIES: 720

FAT: 56 G/504 CALORIES

CARBOHYDRATE: 7 G/30 CALORIES

PROTEIN: 45 G/180 CALORIES

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ES 4 SERVINGS

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5. Remove the cheesecakes from the refrigerator and spoon the melted chocolate mixture evenly over the cheesecakes. Return them to the refrigerator to chill for an additional 15 to 20 minutes. Serve cold with whipped cream, if desired.

NOTE: To make a single cheesecake instead of individual mini cheesecakes, pour the cheesecake mixture from step 2 into a greased 6- to 7-inch stainless steel, Pyrex, or silicone baking dish that fits inside your Instant Pot. Cover it with foil or a silicone lid and cook as directed.

MACRONUTRIENTS PER SERVING

NO WHIPPED CREAM
CALORIES: 678
FAT: 63 G/568 CALORIES
CARBOHYDRATE: 15 G/60 CALORIES
PROTEIN: 13 G/52 CALORIES

WITH WHIPPED CREAM
CALORIES: 884
FAT: 85 G/761 CALORIES
CARBOHYDRATE: 17 G/67 CALORIES
PROTEIN: 15 G/59 CALORIES

BASIC WHIPPED CREAM

MAKES 2 CUPS

1. Optional but recommended: Place the bowl and the beaters from your electric mixer in the freezer for at least 30 minutes. You can also nest your bowl inside a larger bowl filled partway with ice.

2. Place all the ingredients in the chilled bowl and beat for 1 minute on medium speed until stiff peaks form. Do not overbeat.

- 1 cup heavy whipping cream
- 1 teaspoon vanilla extract
- 2 to 3 drops of liquid stevia, or to taste

Strawberry Cinnamon Rolls

Cinnamon rolls hold such a happy place in my heart, and I've learned from readers of my past cookbooks that I'm not alone in that sentiment! The base of this recipe is "fathead dough," a keto staple that you can use to make all kinds of sweet and savory baked goods. For even more strawberry flavor, you can replace the sweetener with a tablespoon of sugar-free strawberry preserves.

Serves: 5
Active prep time: 30 minutes
Cook time: 25 minutes

Melted butter, for the cake pan

For the filling:
3 tablespoons butter or ghee
¾ cup finely chopped strawberries
2 tablespoons granular erythritol
2 teaspoons ground cinnamon

For the fathead dough:
¾ cup shredded mozzarella cheese (3 ounces)
2 tablespoons cream cheese
1 large egg, lightly beaten
¾ cup coconut flour

For the frosting:
4 tablespoons cream cheese, at room temperature
2 tablespoons butter, at room temperature
2 tablespoons heavy cream
1 tablespoon erythritol
¼ teaspoon vanilla extract

1. Generously brush a 6-inch metal cake pan with a removable bottom with some melted butter. Set the pan aside.

2. Make the filling: In a small microwave-safe bowl, microwave the butter to melt, about 30 seconds. In a bowl, stir together the strawberries, erythritol, and cinnamon. Set the melted butter and the strawberry mixture aside.

3. Make the fathead dough: In a microwave-safe medium bowl, combine the mozzarella and cream cheese and microwave for 30 seconds. Stir and microwave another 30 seconds. Stir and add the egg and coconut flour and stir until well combined. Shape into a ball. (If the dough is sticky, sprinkle with a little additional coconut flour.)

4. Cut two 12-inch lengths of parchment paper and coat with cooking spray. Place the dough between them. Roll the dough into a 7 × 10-inch rectangle about ¼ inch thick. Peel off the top piece of parchment paper. Brush about 1 tablespoon of the reserved melted butter over the dough. Sprinkle with the strawberry filling, leaving a ½-inch border.

5. Starting from a short side, roll up the dough. Cut the roll crosswise into ten ½-inch-thick rolls. Arrange the rolls cut-side up in the prepared pan. Brush the roll tops with 1 tablespoon of the melted butter. Cover with two layers of paper towels, then tightly cover the top and bottom of the cake pan with foil.

6. Pour 2 cups water into the Instant Pot. Place a trivet with handles in the pot and place the pan on the trivet. Secure the lid on the pot and close the pressure-release valve. Set the pot to **HIGH** pressure for 25 minutes. At the end of the cooking time, use a natural release to depressurize. Remove the trivet from the pot and let the rolls cool 10 minutes before frosting.

(continues)

7. Make the frosting: In a small bowl, use a fork to stir together the cream cheese, butter, heavy cream, erythritol, and vanilla. If necessary, stir in additional cream to reach a spreadable consistency. Spread frosting over the rolls before removing them from the pan. Serve warm.

Per serving: Calories: 330 • Total Fat: 27 g • Protein: 9 g • Total Carbs: 21 g • Fiber: 7 g • Erythritol: 7 g • Net Carbs: 7 g

Pancake Bites

Combining salty bacon and pecans with keto-friendly maple syrup has to be one of the tastiest possible ways to start your day. You use a silicone egg bite mold to make these pancake bites, the same one you use to make egg bites—the result is small, pop-able pancakes loved by kids and adults alike. If you don't have pecans in your pantry you can always use chopped almonds or macadamia nuts instead.

10 INGREDIENTS OR LESS

Serves: 3
Active prep time: 10 minutes
Cook time: 8 minutes

- Butter or ghee, for the egg bite mold
- 4 slices uncured bacon, chopped
- 2 tablespoons chopped pecans
- 4 large eggs
- 4 ounces cream cheese, at room temperature
- 3 tablespoons butter or ghee, melted
- 3 tablespoons coconut flour
- 1 tablespoon ChocZero maple syrup (or sugar-free syrup of your choice), plus more for serving
- 1½ teaspoons baking powder
- ⅛ teaspoon pumpkin pie spice

1. Coat 6 cups of a silicone egg bite mold with butter. Set aside.
2. Coat the inside of the Instant Pot with cooking spray. Select SAUTÉ. Add the bacon and pecans. Cook and stir until the bacon is crisp, 4 to 6 minutes. Select CANCEL. Divide the bacon and pecans among the greased egg bite cups.
3. In a blender or food processor, combine the eggs, cream cheese, melted butter, coconut flour, ChocZero, baking powder, and pumpkin pie spice. Blend or process until smooth. Divide the mixture among the egg bite cups. Cover the mold with foil.
4. Pour 1 cup water into the Instant Pot. Place a trivet with handles in the pot and place the egg mold on the trivet. Secure the lid on the pot and close the pressure-release valve. Set the pot to STEAM for 8 minutes. At the end of the cooking time, use a natural release to depressurize for 10 minutes, then quick-release the remaining pressure. Open the pot and gently lift the trivet and egg mold out. Invert the mold onto a wire rack.
5. Serve with additional sugar-free maple syrup.

Per serving: Calories: 506 • Total Fat: 43 g • Protein: 16 g • Total Carbs: 22 g • Fiber: 17 g • Erythritol: 0 g • Net Carbs: 5 g

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Eggs and Bacon Avocado Boats

Avocados are the cornerstone of these "boats"—and they're also a cornerstone of the keto diet: They're full of heathy fats (both monounsaturated and polyunsaturated) and unlike many other fat sources, they're full of fiber. Plus they offer more potassium than a banana, so they're great for people struggling with the keto flu. For a dash of heat, I like to add a little sriracha or hot sauce to the top.

10 INGREDIENTS OR LESS

Serves 4
Active prep time: 10 minutes
Cook time: 7 minutes

- 2 slices uncured bacon, finely chopped
- 4 large eggs
- 2 tablespoons heavy cream
- 2 tablespoons shredded Swiss cheese
- 1 tablespoon grass-fed butter, cut into cubes
- 1 tablespoon chopped fresh chives or dill
- Pinch of fine Himalayan pink salt
- Black pepper
- 2 avocados, halved and pitted
- Sriracha (optional)

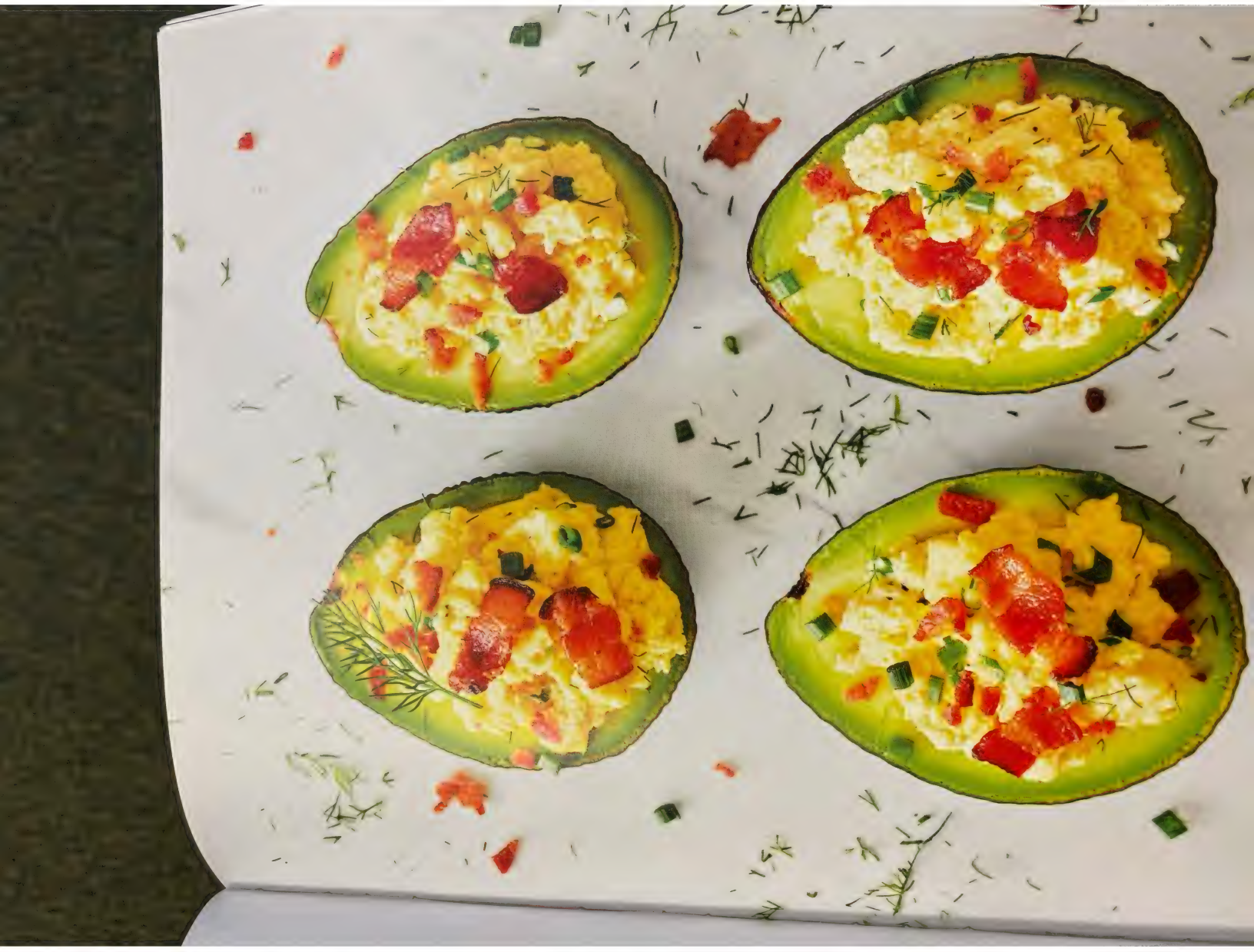
1. Select SAUTÉ on the Instant Pot. When the pot is hot, add the bacon. Cook until crisp, stirring occasionally, 4 to 6 minutes. Select CANCEL. Transfer the bacon to paper towels to drain. Clean the pot.

2. Coat a 7-inch round ceramic baking dish with cooking spray. Break the eggs into the dish and lightly beat with a fork or small whisk. Stir in the cream, adding the cheese, butter, chives, pink salt, and black pepper to taste.

3. Pour 1 cup water into the Instant Pot. Place a trivet with handles in the pot and place the dish on the trivet. Secure the lid on the pot and close the pressure-release valve. Set the pot to LOW pressure for 7 minutes (or HIGH for 4 minutes). At the end of the cooking time, quick-release the pressure. Let stand 1 minute in the pot. Carefully remove the dish and trivet from the pot.

4. Cut two avocados in half, placing one half on each of four plates. Divide the egg mixture among them. If desired, season with sriracha. Sprinkle with the bacon.

Per serving: Calories: 270 • Total Fat: 23 g • Protein: 10 g • Total Carbs: 7 g • Fiber: 5 g • Erythritol: 0 g • Net Carbs: 2 g



Four-Cheese Cracked Pepper Broccoli

I never liked broccoli or cauliflower growing up, which is so crazy because now I eat tons of these super-healthy cruciferous veggies. Maybe my mom just didn't put enough cheese on them? If she'd made me this version, which uses four different kinds of cheese, I would have asked for seconds! This is a great go-to recipe for the vegetable-averse diners in your household.

Serves 4
Active prep time 5 minutes
Cook time 1 minute

4 tablespoons butter or ghee
2 cloves garlic, minced
5 cups large broccoli florets
⅓ cup chicken broth
¼ cup heavy cream
2 ounces cream cheese, diced
½ cup shredded cheddar cheese (2 ounces)
¼ cup shredded Swiss cheese (1 ounce)
2 tablespoons grated Parmesan cheese
¾ to 1 teaspoon freshly cracked black pepper, to taste
Pinch of grated nutmeg

1. Select SAUTÉ on the Instant Pot. Add the butter. When the butter is melted, add the garlic and cook and stir for 1 minute. Select CANCEL. Stir in the broccoli and broth.

2. Secure the lid on the pot and close the pressure-release valve. Set the pot to STEAM for 1 minute. At the end of the cooking time, quick-release the pressure.

3. Select SAUTÉ. Add the cream and simmer for 2 minutes to slightly reduce. Select CANCEL. Gently stir in the cream cheese, cheddar, and Swiss cheese.

4. Serve sprinkled with the Parmesan, pepper, and nutmeg.

Per serving: Calories: 343 • Total Fat: 30 g • Protein: 11 g • Total Carbs: 10 g • Fiber: 3 g • Erythritol: 0 g • Net Carbs: 7 g

Shrimp Italiano

Imagine seasoned shrimp swimming in a rich, creamy sauce with salty prosciutto. It's a meal I make often! The dish comes together quickly but feels very impressive (your dinner guests don't have to know it took you only ten minutes to prepare!). I usually throw the shrimp in the marinade earlier in the day so that once it's time to eat they're ready to go. If you want to add some more veggies to the mix, you can serve the shrimp over lightly sautéed zucchini noodles or summer squash noodles.

Serves: 4
Active prep time: 40 minutes
Cook time: 0 minutes

1 pound peeled and deveined large shrimp (about 8 shrimp)
4 tablespoons olive oil, divided
4 cloves garlic, minced
Juice of 1 lemon
½ teaspoon crushed red pepper flakes
½ cup chopped prosciutto
½ cup diced yellow onion
1 tablespoon Italian seasoning
1 cup grape tomatoes
½ cup chicken broth
½ cup cream cheese, cubed
½ cup heavy cream
¼ teaspoon fine Himalayan pink salt
¼ teaspoon black pepper
½ cup thinly sliced fresh basil leaves, for garnish

1. In a resealable plastic bag, combine the shrimp, 3 tablespoons of the olive oil, the garlic, lemon juice, and pepper flakes. Shake gently to mix and coat the shrimp. Let the shrimp marinate for only 30 minutes. If you wish to marinate longer than 30 minutes, place in the refrigerator so the lemon juice doesn't "cook" the shrimp.

2. When ready to cook, select **SAUTÉ** on the Instant Pot. When the pot is hot, add the remaining 1 tablespoon olive oil. Add the prosciutto, onion, and Italian seasoning to the hot oil and cook, stirring frequently, until the onion softens, about 5 minutes. Add the tomatoes, broth, and shrimp with its marinade. Hit **CANCEL**.

3. Secure the lid on the pot and close the pressure-release valve. Set the pot to **HIGH** pressure for 0 minutes (see Tip on page 65). At the end of the cooking time, quick-release the pressure.

4. Open the pot and stir in the cream cheese, heavy cream, pink salt, and pepper until the cream cheese is melted. Serve sprinkled with basil.

Per serving: Calories: 484 • Total Fat: 39 g • Protein: 25 g • Total Carbs: 10 g • Fiber: 1 g • Erythritol: 0 g • Net Carbs: 9 g

Creamy Bacon Ranch Chicken

In my early twenties, I loved to use dry ranch dressing mix on pretty much everything—it was budget friendly, low maintenance, and full of flavor. The truth is, I still love it! I've used it in this recipe to achieve that familiar ranch dressing flavor with minimal fuss. To change things up, you can swap in kale (you'll want to use about 4 cups) for the zucchini—the cook time remains the same, and stir in 1 teaspoon white wine vinegar after the cheddar has melted.

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- ½ cup heavy cream
- 2 boneless, skinless chicken breasts (1¼ to 1½ pounds total)
- 2 tablespoons dry ranch dressing mix, divided
- 3 slices uncured bacon, chopped
- 1 cup chicken broth
- 8 ounces cream cheese, cubed
- 3 cups chopped zucchini
- 1½ cups shredded mild cheddar cheese

1. In a resealable plastic bag, combine the heavy cream, chicken, and 1½ tablespoons of the ranch dressing mix. Marinate in the refrigerator for 30 minutes.

2. Select **SAUTÉ** on the Instant Pot. Add the bacon and cook until crisp, 4 to 6 minutes. Transfer the bacon crumbles to paper towels to drain.

3. Remove the chicken from the marinade and place in the pot (discard the marinade). Cook the chicken for 2 minutes on each side or until lightly browned. Select **CANCEL**. Add the broth, cream cheese, and remaining ½ tablespoon ranch dressing mix to the pot.

4. Secure the lid on the pot and close the pressure-release valve. Set the pot to **HIGH** pressure for 8 minutes. At the end of the cooking time, quick-release the pressure. Transfer just the chicken breasts to a plate and cover to keep warm.

5. Whisk the sauce in the pot. Select **SAUTÉ**, add the zucchini, and simmer until the sauce is slightly reduced and the zucchini is tender, 5 to 7 minutes. Stir in the cheddar and heat until melted and the sauce is creamy. Select **CANCEL**.

6. Slice the chicken breast into strips and ladle the zucchini and sauce over chicken breasts. Top with the bacon crumbles.

Per serving: Calories: 730 • Total Fat: 54 g • Protein: 51 g • Total Carbs: 9 g • Fiber: 1 g • Erythritol: 0 g • Net Carbs: 8 g

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Louisiana-Style Chicken Wings with Creamy Cucumber-Dill Dip

Wings are one of my main keto food groups (kidding, but not really), so I had to include a recipe in here for making them in the pressure cooker. For best results, marinate the drummies in all of those delicious flavors for as long as you can. I like to get them marinating before I leave for work in the morning so they're ready to throw in the Instant Pot when I get home.

[redacted] time: 20 minutes
[redacted]: 10 minutes

2 cups heavy cream
¼ cup apple cider vinegar
2 tablespoons Tabasco or other similar hot sauce, plus a dash for the dip
2 pounds chicken drumettes, flats, or a mix
½ cup sour cream
4 tablespoons cream cheese, at room temperature
¼ cup grated cucumber
1 tablespoon fresh lemon juice
2 teaspoons dried dill weed
1⅛ teaspoon fine Himalayan pink salt
⅛ teaspoon black pepper
1½ teaspoons granulated garlic
1½ teaspoons keto-friendly chicken bouillon powder
1½ teaspoons Italian seasoning
½ teaspoon onion powder
½ teaspoon cayenne pepper
8 tablespoons butter

1. In a large resealable plastic bag, combine the cream, vinegar, and Tabasco. Add the chicken and toss gently to coat. Marinate in the refrigerator for at least 2 hours or up to 24 hours.

2. In a small bowl, stir together the sour cream, cream cheese, cucumber, lemon juice, dill, pink salt, black pepper, and a dash of Tabasco. Cover and refrigerate until ready to serve.

3. When ready to cook, pour 1 cup water into the Instant Pot. Drain the chicken from the marinade and pat dry with paper towels. Place a trivet with handles in the pot. Arrange the wing pieces on the trivet.

4. Secure the lid on the pot and close the pressure-release valve. Set the pot to **HIGH** pressure for 10 minutes. At the end of the cooking time, quick-release the pressure.

5. Meanwhile, in a small bowl, stir together the garlic, bouillon powder, Italian seasoning, onion powder, and cayenne.

6. Position an oven rack 6 inches from the heat source and preheat the broiler to high. Line a large rimmed baking sheet with foil.

7. Open the Instant Pot and transfer the wing pieces to the baking sheet. In a microwave-safe bowl, heat the butter for 40 seconds or until melted. Brush the wing pieces with ¼ cup of the melted butter and sprinkle with half of the seasoning mixture. Broil until browned, about 4 minutes. Turn the pieces over and brush with the remaining butter and sprinkle with the remaining seasoning mixture. Broil until the second side is browned, 3 to 4 minutes more.

8. Serve with the dip.

Per serving: Calories: 685 • Total Fat: 62 g • Protein: 27 g • Total Carbs: 7 g • Fiber: 0 g • Erythritol: 0 g • Net Carbs: 7 g

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Pesto Pizza Casserole

This dish offers all of the flavors of a meat lover's pizza, minus the carbs. Feel free to swap in any of your favorite meats here—you could do prosciutto instead of cubed ham, or ground beef in place of sausage. But pepperoni is a nonnegotiable—it's what makes this casserole truly reminiscent of pizza! You can also customize with your favorite pizza toppings, such as sliced olives, mushrooms, red pepper flakes, or fresh basil—kids especially love this DIY part of the "pizza" experience!

Serves 4
Active prep time 20 minutes
Cook time 15 minutes

- 1 medium zucchini, coarsely shredded
- ¾ teaspoon fine Himalayan pink salt
- 4 slices uncured bacon, chopped
- 8 ounces cubed ham
- 8 ounces Italian sausage
- ¼ cup mini pepperoni slices
- 1 tablespoon butter or ghee
- 1 large egg
- ½ cup grated Parmesan cheese (2 ounces)
- ⅓ cup almond flour or almond meal
- 1 teaspoon Italian seasoning
- ⅓ cup prepared basil pesto
- 1½ cups shredded provolone cheese (6 ounces)

1. Place the shredded zucchini in a colander, sprinkle with the pink salt, and toss to coat. Place the colander in another bowl and let stand 15 minutes. Press and squeeze excess liquid from the zucchini and pat dry with paper towels.

2. Meanwhile, select **SAUTÉ** on the Instant Pot. Add the bacon and ham and cook, stirring occasionally, until lightly browned, about 5 minutes. Use a slotted spoon to transfer the bacon and ham to a medium bowl. Add the Italian sausage to the pot and cook, stirring occasionally, until cooked through, about 5 minutes. Select **CANCEL**. Use a slotted spoon to transfer the sausage to the bowl with the ham and bacon. Stir in the pepperoni.

3. Grease a 7-inch round baking dish with the butter. If you want to transfer the dish for serving, use a springform pan. In a medium bowl, combine the drained and squeezed zucchini, the egg, Parmesan, almond meal, and Italian seasoning. Transfer to the prepared baking dish and press into the bottom to form a crust. Spoon the pesto over the zucchini "crust." Top with the meat mixture and provolone. Cover the baking dish tightly with foil.

4. Pour 1 cup water into the pot. Place a trivet with handles in the pot and place the baking dish on the trivet. Secure the lid on the pot and close the pressure-release valve. Set the pot to **HIGH** pressure for 15 minutes. At the end of the cooking time, use a natural release to depressurize.

5. Allow the casserole to stand for 15 minutes before serving.

Per serving: Calories: 726 • Total Fat: 59 g • Protein: 39 g • Total Carbs: 10 g • Fiber: 2 g • Erythritol: 0 g • Net Carbs: 8 g

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Mexican Meatballs

Meatballs are universally delicious. You can infuse them with flavors from various regions and cultures, and they always bring people together. These meatballs are inspired by Mexican flavors: garlic, cumin, chipotle powder, and a little taco seasoning for good measure to create a spicy meatball that then gets topped any way you like. In addition to my go-to Mexican toppings of cheese, sour cream, and avocado, I like to add a few pickled red onion slices.

Serves 4
Active prep time: 10 minutes
Cook time: 7 minutes

1 pound ground beef (80% lean)
3 tablespoons crushed pork rinds
1 large egg
½ teaspoon chipotle powder
¼ teaspoon garlic powder
¼ teaspoon onion powder
⅛ teaspoon ground cumin
1 (8 ounce) can tomato sauce
2 teaspoons taco seasoning
¼ teaspoon fine Himalayan pink salt
1 tablespoon avocado oil
1 head butter lettuce, separated into leaves
Toppings, such as sour cream, shredded cheese, diced avocado, fresh cilantro

For the Quick Pickled Onions:

⅓ cup thinly sliced red onions
2 tablespoons rice vinegar
Squeeze of fresh lime juice
Pinch of fine Himalayan pink salt

1. In a large bowl, combine the ground beef, crushed pork rinds, egg, chipotle powder, garlic powder, onion powder, and cumin. Mix well. Form into twelve 1½-inch meatballs. Set aside.

2. In a small bowl, stir together the tomato sauce, taco seasoning, and pink salt. Set aside.

3. Select **SAUTÉ** on the Instant Pot. When the pot is hot, add the avocado oil. Working in two batches if necessary (take care not to overcrowd the pot), add the meatballs to the hot oil and brown on all sides, 3 to 5 minutes. Remove to a plate and cover with foil.

4. Pour off all but about 2 tablespoons of the fat from the pot. When the pot is hot again, add the seasoned tomato sauce, taking care to avoid the hot splatter. Simmer for 3 minutes. Select **CANCEL**. Return the meatballs to the pot.

5. Secure the lid on the pot and close the pressure-release valve. Set the pot to **HIGH** pressure for 7 minutes. At the end of the cooking time, use a natural release for 10 minutes to depressurize, then quick-release the remaining pressure.

6. While the metaballs cook, make the Quick Pickled Onions. In a small jar, combine all ingredients. Let sit 15 minutes.

7. Serve 3 meatballs on one or two butter lettuce leaves with desired toppings and the pickled onions.

Per serving: Calories: 396 • Total Fat: 30 g • Protein: 27 g • Total Carbs: 5 g • Fiber: 1 g • Erythritol: 0 g • Net Carbs: 4 g

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Three-Cheese Philly Cheesesteak Casserole

To be 100 percent honest with you, I've never had an actual Philly cheesesteak sandwich, so loyalists, be warned: This is my keto-friendly *imagining* of the cult classic. That said, in terms of capturing the flavors of the beloved sandwich (minus the bread), I hope I nailed it. I like to top mine with thinly sliced banana peppers, hot sauce, and sliced olives.

Serves 6
Active prep time: 15 minutes
Cook time: 20 minutes

- 3 tablespoons butter or ghee, divided
- 1½ pounds rib eye or sirloin steak, thinly sliced, cut into bite-size pieces
- 1 teaspoon fine Himalayan pink salt, divided
- 1 teaspoon black pepper, divided
- 8 ounces sliced button mushrooms
- 1 green bell pepper, sliced
- 1 medium yellow onion, sliced
- 1 teaspoon dried oregano, crushed
- ½ cup grated Parmesan cheese (2 ounces), plus more for garnish
- 1 cup shredded provolone cheese (4 ounces)
- 4 slices American cheese, chopped
- ½ cup heavy cream
- 2 large eggs

1. Grease a 7-inch round baking dish with 1 tablespoon of the butter.

2. Season the meat with ½ teaspoon each of the pink salt and pepper. Select **SAUTÉ** on the Instant Pot. Add 1 tablespoon of the butter. Add half of the steak to the hot butter and cook, stirring occasionally, until the meat is browned, about 10 minutes. Use a slotted spoon to transfer the meat to a bowl. Repeat with the remaining meat and 1 tablespoon butter.

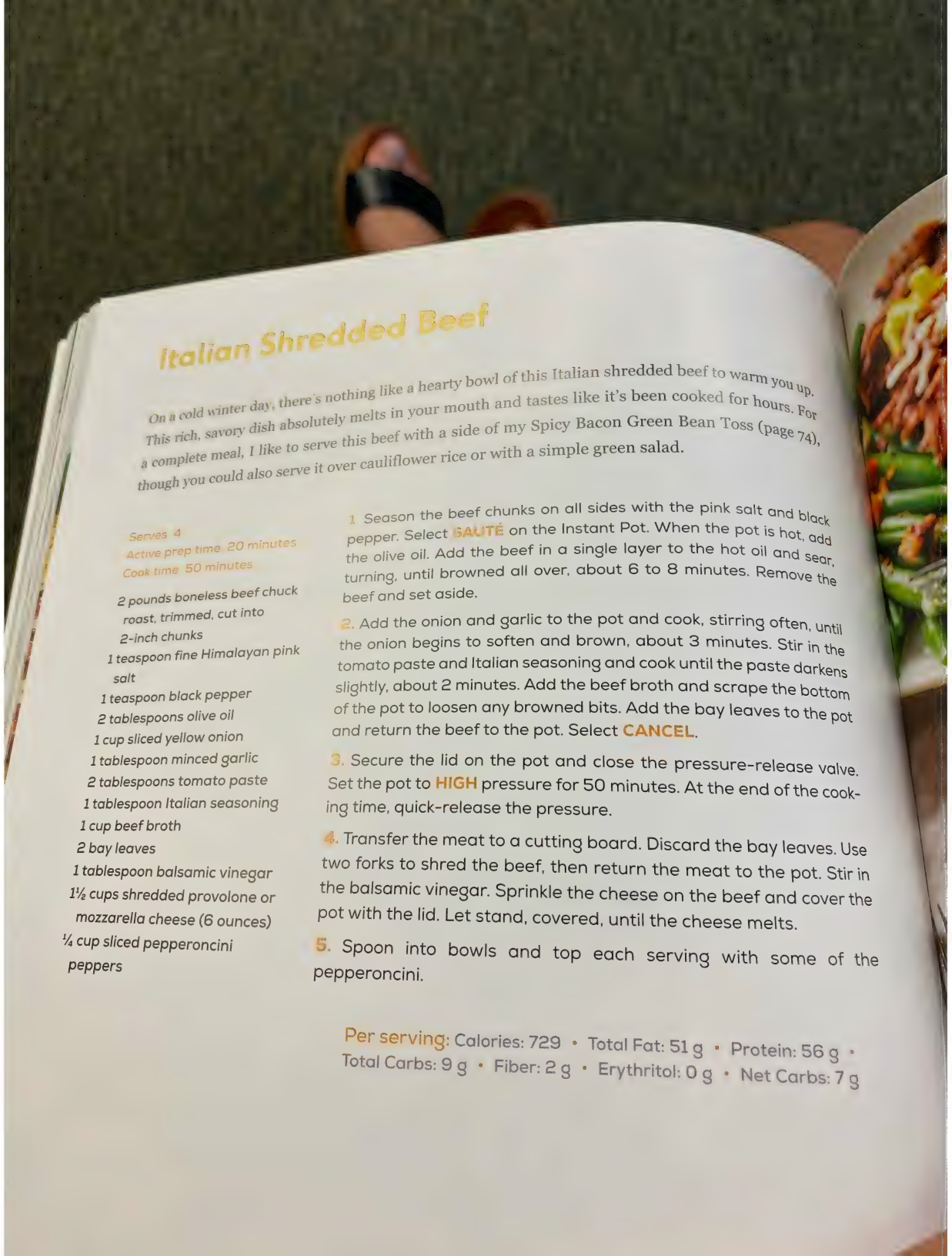
3. Add the mushrooms, bell pepper, onion, and oregano to the pot. Cook, stirring occasionally, until softened and the liquid has evaporated, about 10 minutes. Stir in the meat and cook 2 minutes more. Select **CANCEL**. Stir in the Parmesan. Add the provolone and American cheeses and stir to combine. Transfer the mixture to the greased baking dish.

4. In a medium bowl, whisk together the cream and eggs. Whisk in the remaining ½ teaspoon each salt and pepper. Pour the eggs over the mixture in the baking dish. Cover the dish tightly with foil.

5. Clean the pot if you wish. Pour 1 cup water into the pot. Place a trivet with handles in the pot and place the baking dish on the trivet.

6. Secure the lid on the pot and close the pressure-release valve. Set the pot to **HIGH** pressure for 20 minutes. At the end of the cooking time, use a natural release to depressurize. Let stand 10 minutes before serving.

Per serving: Calories: 915 • Total Fat: 75 g • Protein: 52 g • Total Carbs: 10 g • Fiber: 2 g • Erythritol: 0 g • Net Carbs: 8 g



Italian Shredded Beef

On a cold winter day, there's nothing like a hearty bowl of this Italian shredded beef to warm you up. This rich, savory dish absolutely melts in your mouth and tastes like it's been cooked for hours. For a complete meal, I like to serve this beef with a side of my Spicy Bacon Green Bean Toss (page 74), though you could also serve it over cauliflower rice or with a simple green salad.

Serves 4
Active prep time 20 minutes
Cook time 50 minutes

- 2 pounds boneless beef chuck roast, trimmed, cut into 2-inch chunks
- 1 teaspoon fine Himalayan pink salt
- 1 teaspoon black pepper
- 2 tablespoons olive oil
- 1 cup sliced yellow onion
- 1 tablespoon minced garlic
- 2 tablespoons tomato paste
- 1 tablespoon Italian seasoning
- 1 cup beef broth
- 2 bay leaves
- 1 tablespoon balsamic vinegar
- 1½ cups shredded provolone or mozzarella cheese (6 ounces)
- ¼ cup sliced pepperoncini peppers

1. Season the beef chunks on all sides with the pink salt and black pepper. Select **SAUTÉ** on the Instant Pot. When the pot is hot, add the olive oil. Add the beef in a single layer to the hot oil and sear, turning, until browned all over, about 6 to 8 minutes. Remove the beef and set aside.

2. Add the onion and garlic to the pot and cook, stirring often, until the onion begins to soften and brown, about 3 minutes. Stir in the tomato paste and Italian seasoning and cook until the paste darkens slightly, about 2 minutes. Add the beef broth and scrape the bottom of the pot to loosen any browned bits. Add the bay leaves to the pot and return the beef to the pot. Select **CANCEL**.

3. Secure the lid on the pot and close the pressure-release valve. Set the pot to **HIGH** pressure for 50 minutes. At the end of the cooking time, quick-release the pressure.

4. Transfer the meat to a cutting board. Discard the bay leaves. Use two forks to shred the beef, then return the meat to the pot. Stir in the balsamic vinegar. Sprinkle the cheese on the beef and cover the pot with the lid. Let stand, covered, until the cheese melts.

5. Spoon into bowls and top each serving with some of the pepperoncini.

Per serving: Calories: 729 • Total Fat: 51 g • Protein: 56 g • Total Carbs: 9 g • Fiber: 2 g • Erythritol: 0 g • Net Carbs: 7 g

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Breakfast Bake

Kristi See, Weskan, KS

Makes 10 servings

Prep Time: 15 minutes ❀ *Cooking Time: 3–4 hours* ❀ *Ideal slow-cooker size: 4- to 5-qt.*

- 12 eggs
- 1½–2 cups grated cheese, your choice
- 1 cup diced cooked ham
- 1 cup whole milk
- 1 tsp. salt
- ½ tsp. pepper

1. Beat eggs. Pour into slow cooker.
2. Mix in remaining ingredients.
3. Cover and cook on Low 3–4 hours.

- Calories 223
- Fat 15
- Sodium 654
- Carbs 2.5

Prep Time: 15 n

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White Queso Dip

Janie Steele, Moore, OK

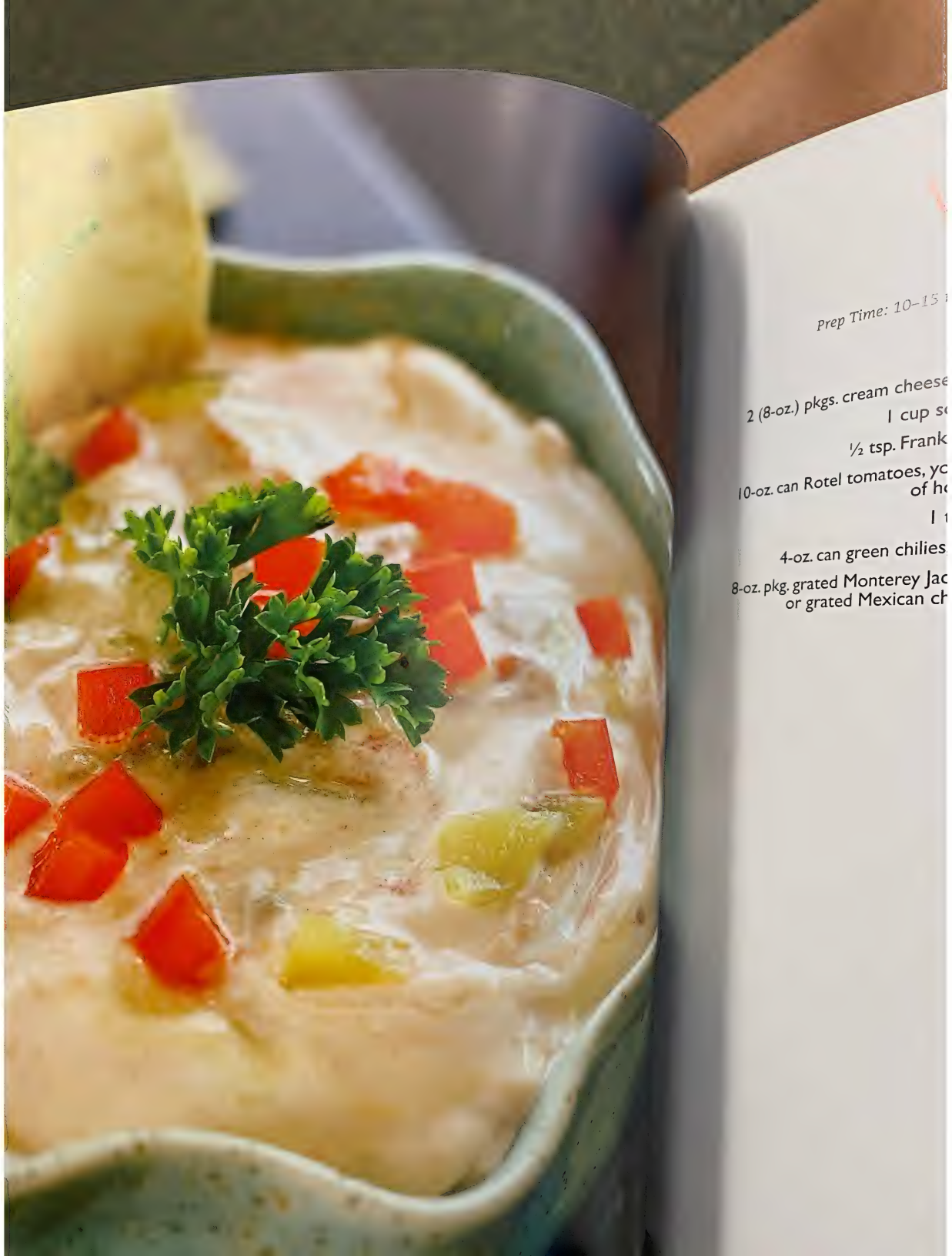
Prep Time: 10–15 minutes ⁂ *Makes 10–12 servings*
Cooking Time: 1 hour ⁂ *Ideal slow-cooker size: 2-qt.*

- 2 (8-oz.) pkgs. cream cheese, softened
- 1 cup sour cream
- ½ tsp. Frank's RedHot
- 10-oz. can Rotel tomatoes, your choice of hot or mild
- 1 tsp. cumin
- 4-oz. can green chilies, chopped
- 8-oz. pkg. grated Monterey Jack cheese, or grated Mexican cheese mix

1. Combine cream cheese, sour cream, and hot sauce in a bowl with a mixer until smooth.
2. Drain half the liquid off the tomatoes and discard.
3. Add tomatoes with half their juice, cumin, chilies, and grated cheese to creamy mixture. Stir to combine.
4. Pour mixture into slow cooker.
5. Turn to High until cheese melts, about 1 hour. Stir about every 15 minutes.
6. Turn to Low to keep dip warm while serving.

Serving suggestion:
Serve with baked, crispy cauliflower or keto chips.

- Calories 242
- Fat 22
- Sodium 341
- Carbs 5
- Sugar 3
- Protein 8



Prep Time: 10–15

2 (8-oz.) pkgs. cream cheese
1 cup s
½ tsp. Frank
10-oz. can Rotel tomatoes, yo
of h
1
4-oz. can green chilies
8-oz. pkg. grated Monterey Jac
or grated Mexican ch

Bacon Cheddar Dip

Arlene Snyder, Millerstown, PA

Makes 15 servings

Prep. Time: 10–15 minutes ⁂ Cooking Time: 1½–2 hours ⁂ Ideal slow-cooker size: 4-qt.

- 2 (8-oz.) pkgs. cream cheese, softened
- 2 cups sour cream
- 1 lb. bacon, fried and crumbled
- 4 cups shredded cheddar cheese, divided

1. In a mixing bowl, beat cream cheese and sour cream until smooth.
2. Fold in bacon and 3 cups cheddar cheese.
3. Place mixture in slow cooker and sprinkle with remaining cheese.
4. Cover and cook on Low 1½–2 hours, or until heated through.

Serving suggestion:
Serve with veggies or keto-friendly chips.

TIPS

1. Save a few bacon crumbs to sprinkle on top.
2. For a spicier version, stir in some fresh herbs, or some chopped chilies, in Step 2.

- Calories 419
- Fat 36
- Sodium 808
- Carbs 4
- Sugar 2
- Protein 20

2 (8-oz.)

4 cup

T

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Buffalo Chicken Dip

Amy Troyer, Garden Gove, IA

Makes 4–5 servings

Prep. Time: 10 minutes ❧ Cooking Time: 2–3 hours ❧ Ideal slow-cooker size: 2-qt.

- 8-oz. pkg. cream cheese
- 1 cup keto-friendly blue cheese or ranch dressing
- ½ cup Frank's RedHot
- 1 cup mozzarella cheese, or your favorite cheese
- 2 cups cooked and shredded chicken

1. Combine all ingredients in slow cooker.
2. Cover and cook on Low for 2–3 hours.

Serving suggestion:
Serve with keto protein pretzel sticks or cauliflower or bell pepper slices for dipping.

- Calories 563
- Fat 50
- Sodium 1238
- Carbs 5
- Sugar 4
- Protein 25

Seafood Dip

Joan Rosenberger, Stephens City, VA

Makes 24 servings of 2 Tbsp. each

Prep. Time: 5–10 minutes ⁂ *Cooking Time: 3 hours* ⁂ *Ideal slow-cooker size: 3½-qt.*

10-oz. pkg. cream cheese
6-oz. can lump crabmeat
2 Tbsp. onion, finely chopped
4–5 drops Frank's RedHot
¼ cup walnuts, finely chopped
1 tsp. paprika

1. Blend all ingredients except nuts and paprika until well mixed.
2. Spread in slow cooker. Sprinkle with nuts and paprika.
3. Cook on Low 3 hours.

Serving suggestion:
Serve with slices of keto French bread or stuff this dip inside celery sticks or serve alongside celery and bell pepper slices.

- Calories 55
- Fat 5
- Sodium 75
- Carbs 1
- Sugar 0.5
- Protein 2

Crab Spread

Jeanette Oberholtzer, Manheim, PA

Makes 8 servings

Prep. Time: 20 minutes ❀ Cooking Time: 4 hours ❀ Ideal slow-cooker size: 1- to 3-qt.

- ½ cup mayonnaise
- 8 oz. cream cheese, softened
- 2 Tbsp. water
- 3–4 drops liquid stevia
- 1 onion, minced
- 1 lb. lump crabmeat, picked over to remove cartilage and shell bits

1. Mix mayonnaise, cheese, water, and stevia in medium-sized bowl until blended.
2. Stir in onion, mixing well. Gently stir in crabmeat.
3. Place in slow cooker, cover, and cook on Low for 4 hours.
4. Dip will hold for 2 hours. Stir occasionally.

Serving suggestion:

Serve with keto crackers or sliced veggies.

- Calories 237
- Fat 21
- Sodium 437
- Carbs 3
- Sugar 1.5
- Protein 11

1 lb.

Southwestern Shredded Chicken

Hope Comerford, Clinton Township, MI

Makes 4 servings

Prep. Time: 8–10 minutes ⁂ *Cooking Time: 5–6 hours* ⁂ *Ideal slow-cooker size: 3-qt.*

- 1½ lb. boneless, skinless chicken breast
- 1 Tbsp. chili powder
- 2 tsp. garlic powder
- 1 tsp. cumin
- 1 tsp. onion powder
- ½ tsp. kosher salt
- ¼ tsp. pepper
- 1 medium onion, chopped
- 14.5-oz. can diced tomatoes
- 4-oz. can diced green chilies
- ½ cup sour cream

1. Place the chicken in the slow cooker.
2. Mix together the chili powder, garlic powder, cumin, onion powder, kosher salt, and pepper. Sprinkle this over both sides of the chicken.
3. Sprinkle the onion over the top of the chicken and pour the can of diced tomatoes and green chilies over the top.
4. Cover and cook on Low for 5–6 hours.
5. Turn your slow cooker to warm. Remove the chicken and shred it between 2 forks.
6. Slowly whisk in the sour cream with the juices in the crock. Replace the chicken in the crock and stir to mix in the juices.

Serving suggestion: Serve topped with some shredded lettuce, shredded cheese, and fresh salsa.

- Calories 309
- Fat 10
- Sodium 547
- Carbs 13
- Sugar 4
- Protein 41

Marinated Chuck Roast

Susan Nafziger, Canton, KS

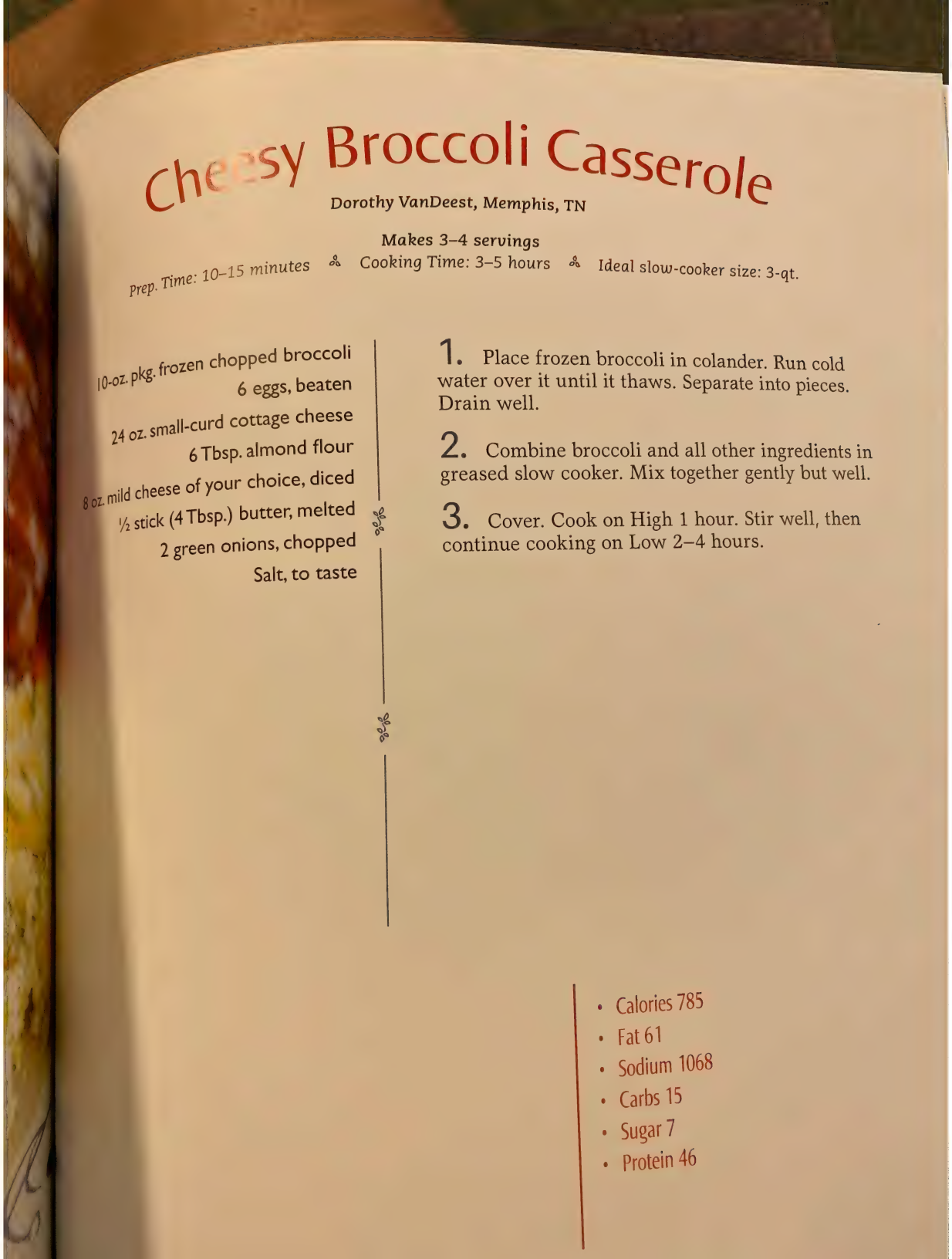
Makes 7–8 servings

Prep. Time: 15 minutes ⁂ *Cooking Time: 5-6 hours*
Marinating Time: 2–3 hours ⁂ *Ideal slow-cooker size: oval 5-qt.*

- 1 cup olive oil
- 1 cup liquid aminos
- ¼ cup red wine vinegar
- ½ cup chopped onions
- ⅛ tsp. garlic powder
- ¼ tsp. ground ginger
- ½ tsp. black pepper (coarsely ground is best)
- ½ tsp. dry mustard
- 3–4-lb. boneless chuck roast

1. Mix all ingredients except chuck roast, either by whisking together in a bowl or whirring the mixture in a blender.
2. Place roast in a low baking or serving dish and pour marinade over top. Cover and refrigerate for 2–3 hours.
3. Grease interior of slow-cooker crock.
4. Place roast in crock. Pour marinade over top.
5. Cover. Cook on Low 5–6 hours, or until instant-read meat thermometer registers 140°–145°F when stuck into center of meat.
6. When finished cooking, use a sturdy pair of tongs, or 2 metal spatulas, to move roast onto a cutting board. Cover to keep warm and allow to stand 15 minutes.
7. Cut into slices or chunks. Top with marinade and serve.

- Calories 551
- Fat 47
- Sodium 1464
- Carbs 2
- Sugar 0
- Protein 36



Cheesy Broccoli Casserole

Dorothy VanDeest, Memphis, TN

Makes 3–4 servings

Prep. Time: 10–15 minutes ⁂ Cooking Time: 3–5 hours ⁂ Ideal slow-cooker size: 3-qt.

10-oz. pkg. frozen chopped broccoli
6 eggs, beaten
24 oz. small-curd cottage cheese
6 Tbsp. almond flour
8 oz. mild cheese of your choice, diced
½ stick (4 Tbsp.) butter, melted
2 green onions, chopped
Salt, to taste

1. Place frozen broccoli in colander. Run cold water over it until it thaws. Separate into pieces. Drain well.

2. Combine broccoli and all other ingredients in greased slow cooker. Mix together gently but well.

3. Cover. Cook on High 1 hour. Stir well, then continue cooking on Low 2–4 hours.

- Calories 785
- Fat 61
- Sodium 1068
- Carbs 15
- Sugar 7
- Protein 46

Julia's Broccoli and Cauliflower with Cheese

Julia Lapp, New Holland, PA

Makes 6 servings

Prep. Time: 25 minutes ❖ *Cooking Time: 1½ hours* ❖ Ideal slow-cooker size: 4-qt.

- 5 cups chopped broccoli and cauliflower
- ¼ cup water
- 2 Tbsp. butter
- 2 Tbsp. almond flour
- ½ tsp. salt
- 1 cup whole milk
- 1 cup shredded cheddar cheese

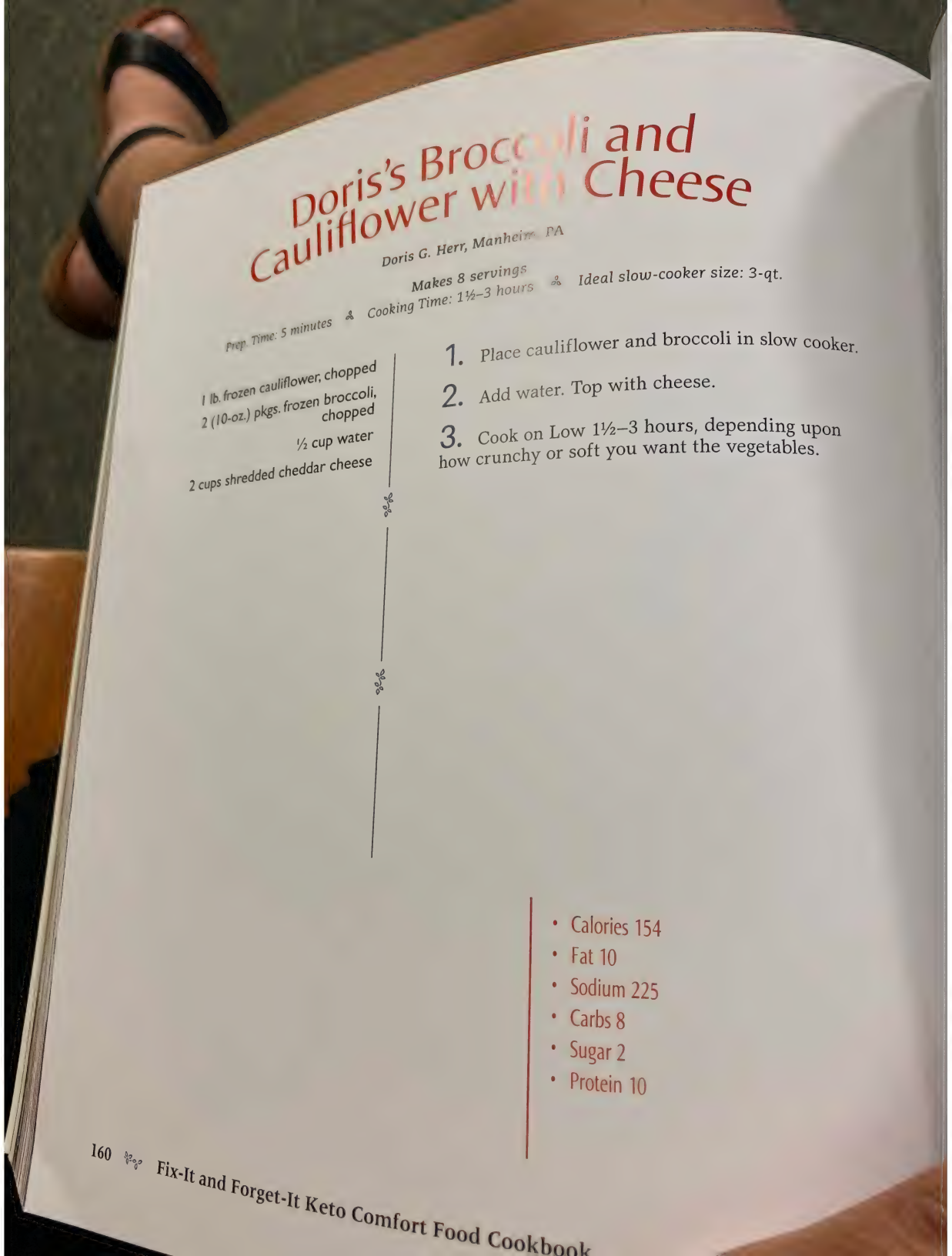
1. Cook broccoli and cauliflower in saucepan in water, until just crisp-tender. Set aside.

2. Make white sauce by melting the butter in another pan over low heat. Blend in flour and salt. Add milk all at once. Cook quickly, stirring constantly until mixture thickens and bubbles. Add cheese. Stir until melted and smooth.

3. Combine vegetables and sauce in slow cooker. Mix well.

4. Cook on Low 1½ hours.

- Calories 140
- Fat 9
- Sodium 326
- Carbs 8
- Sugar 3.5
- Protein 8



Doris's Broccoli and Cauliflower with Cheese

Doris G. Herr, Manheim, PA

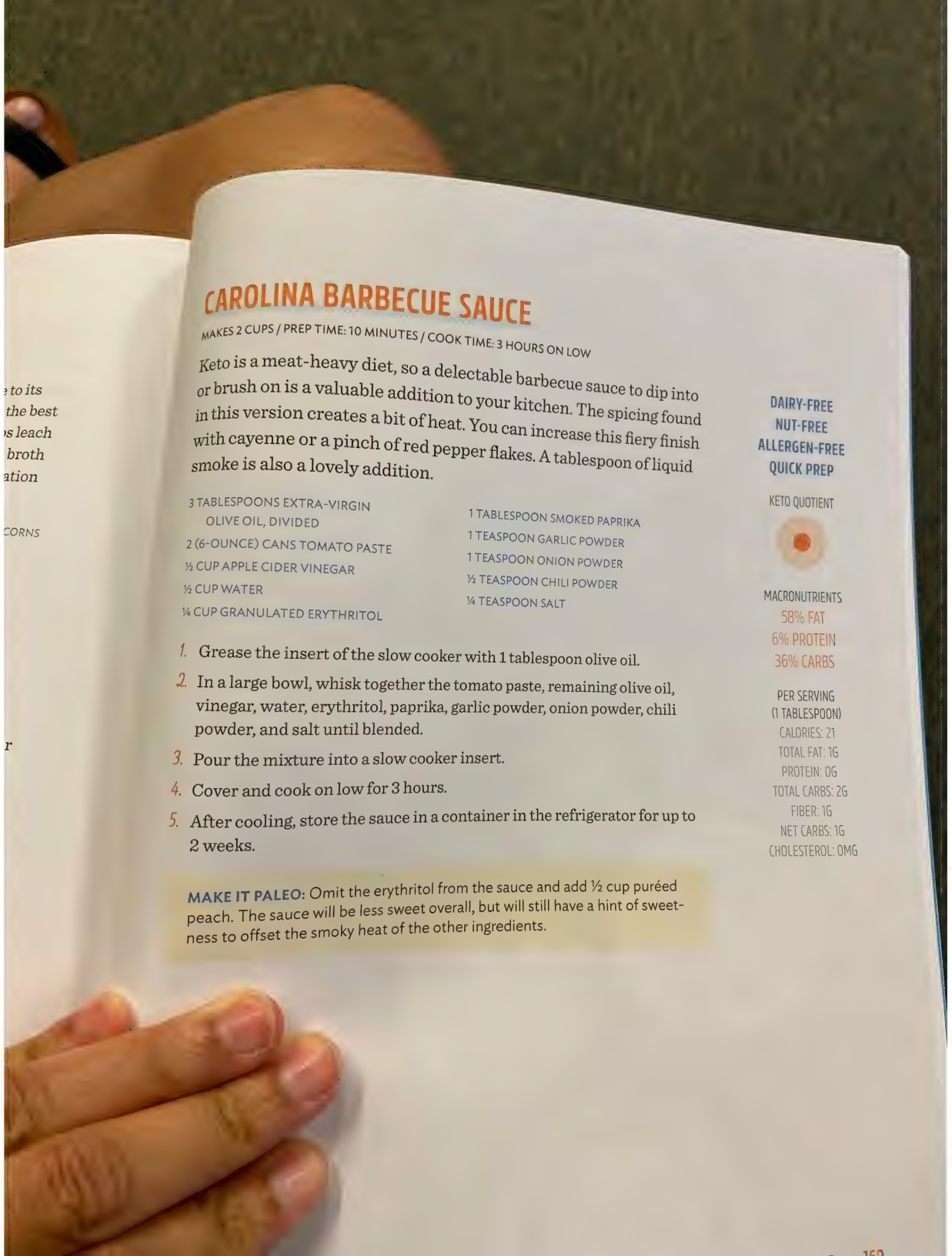
Makes 8 servings

Prep. Time: 5 minutes ❧ *Cooking Time: 1½–3 hours* ❧ *Ideal slow-cooker size: 3-qt.*

1 lb. frozen cauliflower, chopped
2 (10-oz.) pkgs. frozen broccoli, chopped
½ cup water
2 cups shredded cheddar cheese

1. Place cauliflower and broccoli in slow cooker.
2. Add water. Top with cheese.
3. Cook on Low 1½–3 hours, depending upon how crunchy or soft you want the vegetables.

- Calories 154
- Fat 10
- Sodium 225
- Carbs 8
- Sugar 2
- Protein 10



CAROLINA BARBECUE SAUCE

MAKES 2 CUPS / PREP TIME: 10 MINUTES / COOK TIME: 3 HOURS ON LOW

Keto is a meat-heavy diet, so a delectable barbecue sauce to dip into or brush on is a valuable addition to your kitchen. The spicing found in this version creates a bit of heat. You can increase this fiery finish with cayenne or a pinch of red pepper flakes. A tablespoon of liquid smoke is also a lovely addition.

- 3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 2 (6-OUNCE) CANS TOMATO PASTE
- ½ CUP APPLE CIDER VINEGAR
- ½ CUP WATER
- ¼ CUP GRANULATED ERYTHRITOL
- 1 TABLESPOON SMOKED PAPRIKA
- 1 TEASPOON GARLIC POWDER
- 1 TEASPOON ONION POWDER
- ½ TEASPOON CHILI POWDER
- ¼ TEASPOON SALT

1. Grease the insert of the slow cooker with 1 tablespoon olive oil.
2. In a large bowl, whisk together the tomato paste, remaining olive oil, vinegar, water, erythritol, paprika, garlic powder, onion powder, chili powder, and salt until blended.
3. Pour the mixture into a slow cooker insert.
4. Cover and cook on low for 3 hours.
5. After cooling, store the sauce in a container in the refrigerator for up to 2 weeks.

MAKE IT PALEO: Omit the erythritol from the sauce and add ½ cup puréed peach. The sauce will be less sweet overall, but will still have a hint of sweetness to offset the smoky heat of the other ingredients.

DAIRY-FREE
NUT-FREE
ALLERGEN-FREE
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
58% FAT
6% PROTEIN
36% CARBS

PER SERVING
(1 TABLESPOON)
CALORIES: 21
TOTAL FAT: 1G
PROTEIN: 0G
TOTAL CARBS: 2G
FIBER: 1G
NET CARBS: 1G
CHOLESTEROL: 0MG

BEEF BONE BROTH

MAKES 8 CUPS / PREP TIME: 15 MINUTES / COOK TIME: 24 HOURS ON LOW

Beef bone broth is a staple ingredient for many people due to its nutritional benefits. Cooking this broth in a slow cooker is the best method. Do not omit the apple cider vinegar because it helps leach the minerals from the beef bones, providing nutrients. Bone broth can help support a strong immune system and fight inflammation in the body.

DAIRY-FREE
NUT-FREE
ALLERGEN-FREE
PALEO-FRIENDLY
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
49% FAT
29% PROTEIN
22% CARBS

PER SERVING (1 CUP)
CALORIES: 59
TOTAL FAT: 3G
PROTEIN: 5G
TOTAL CARBS: 3G
FIBER: 0G
NET CARBS: 3G
CHOLESTEROL: 0MG

1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
2 POUNDS BEEF BONES WITH MARROW
2 CELERY STALKS WITH GREENS, CHOPPED
1 CARROT, ROUGHLY CHOPPED
1 SWEET ONION, QUARTERED
4 GARLIC CLOVES, CRUSHED
2 TABLESPOONS APPLE CIDER VINEGAR
½ TEASPOON WHOLE BLACK PEPPERCORNS
½ TEASPOON SALT
2 BAY LEAVES
5 PARSLEY SPRIGS
4 THYME SPRIGS
WATER

1. Lightly grease the insert of the slow cooker with the olive oil.
2. Place the beef bones, celery, carrot, onion, garlic, apple cider vinegar, peppercorns, salt, bay leaves, parsley, and thyme in the insert. Add water until the liquid reaches about 1½ inches from the top.
3. Cover and cook on low for about 24 hours.
4. Strain the broth through a fine-mesh cheesecloth and throw away the solids.
5. Store the broth in sealed containers in the refrigerator for up to 5 days or in the freezer for up to 1 month.

PRECOOKING TIP: If you want to create a darker, richer broth, you can roast the bones in the oven for 30 minutes before placing them in the slow cooker. Preheat the oven to 350°F and add the celery, carrot, onion, and garlic to the roasting sheet as well.

HERBED VEGETABLE BROTH

MAKES 8 CUPS / PREP TIME: 15 MINUTES / COOK TIME: 8 HOURS ON LOW

Vegetable broth with a hint of herbs is the perfect liquid to use in fish recipes, side dishes, and vegetarian entrées. The black peppercorns add a bit of heat even if they are not crushed. White peppercorns can be used as well; they are black ones without their skin.

- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 4 GARLIC CLOVES, CRUSHED
- 2 CELERY STALKS WITH GREENS, ROUGHLY CHOPPED
- 1 SWEET ONION, QUARTERED
- 1 CARROT, ROUGHLY CHOPPED
- ½ CUP CHOPPED PARSLEY
- 4 THYME SPRIGS
- 2 BAY LEAVES
- ½ TEASPOON BLACK PEPPERCORNS
- ½ TEASPOON SALT
- 8 CUPS WATER

1. Lightly grease the insert of the slow cooker with the olive oil.
2. Place the garlic, celery, onion, carrot, parsley, thyme, bay leaves, peppercorns, and salt in the insert. Add the water.
3. Cover and cook on low for about 8 hours.
4. Strain the broth through a fine-mesh cheesecloth and throw away the solids.
5. Store the broth in sealed containers in the refrigerator for up to 5 days or in the freezer for up to 1 month.

VARIATION TIP: Any type of vegetable can be used to create a flavorful broth, so keep your peelings, ends, and herb sprigs to throw in whenever you want to make a batch. Broccoli and cauliflower stalks work very well after you have removed the florets for another recipe.

DAIRY-FREE
NUT-FREE
ALLERGEN-FREE
PALEO-FRIENDLY
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
65% FAT
0% PROTEIN
35% CARBS

PER SERVING (1 CUP)
CALORIES: 27
TOTAL FAT: 2G
PROTEIN: 0G
TOTAL CARBS: 2G
FIBER: 0G
NET CARBS: 2G
CHOLESTEROL: 0MG

CHICKEN BONE BROTH

MAKES 8 CUPS / PREP TIME: 15 MINUTES / COOK TIME: 24 HOURS ON LOW

DAIRY-FREE
NUT-FREE
ALLERGEN-FREE
PALEO-FRIENDLY
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
55% FAT
24% PROTEIN
21% CARBS

PER SERVING (1 CUP)
CALORIES: 99
TOTAL FAT: 6G
PROTEIN: 6G
TOTAL CARBS: 5G
FIBER: 0G
NET CARBS: 5G
CHOLESTEROL: 7MG

Homemade chicken soup is a wonderful remedy for many ailments, including the common cold. Chicken bone broth contains a natural amino acid called cysteine that can improve breathing by thinning mucus in the lungs. So, whenever you have an extra chicken carcass, whip up a batch of this broth and keep it in the freezer for all of your recipes.

1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
2 CHICKEN CARCASSES, SEPARATED INTO PIECES
2 GARLIC CLOVES, CRUSHED
1 CELERY STALK, CHOPPED
1 CARROT, CHOPPED
½ SWEET ONION, CUT INTO EIGHTHS
2 TABLESPOONS APPLE CIDER VINEGAR
2 BAY LEAVES
½ TEASPOON BLACK PEPPERCORNS
WATER

1. Lightly grease the insert of the slow cooker with the olive oil.
2. Place the chicken bones, garlic, celery, carrot, onion, apple cider vinegar, bay leaves, and peppercorns in the insert. Add water until the liquid reaches about 1½ inches from the top of the insert.
3. Cover and cook on low for about 24 hours.
4. Strain the broth through a fine-mesh cheesecloth and throw away the solids.
5. Store the broth in sealed containers in the refrigerator for up to 5 days or in the freezer for up to 1 month.

PRECOOKING TIP: As with any stock, roasting the bones before adding them produces a better end product. This is not a necessary step, but you will notice the difference in the taste of the broth.

CHICKEN BONE BROTH

MAKES 8 CUPS / PREP TIME: 15 MINUTES / COOK TIME: 24 HOURS ON LOW

DAIRY-FREE
NUT-FREE
ALLERGEN-FREE
PALEO-FRIENDLY
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
55% FAT
24% PROTEIN
21% CARBS

PER SERVING (1 CUP)
CALORIES: 99
TOTAL FAT: 6G
PROTEIN: 6G
TOTAL CARBS: 5G
FIBER: 0G
NET CARBS: 5G
CHOLESTEROL: 7MG

Homemade chicken soup is a wonderful remedy for many ailments, including the common cold. Chicken bone broth contains a natural amino acid called cysteine that can improve breathing by thinning mucus in the lungs. So, whenever you have an extra chicken carcass, whip up a batch of this broth and keep it in the freezer for all of your recipes.

1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
2 CHICKEN CARCASSES, SEPARATED INTO PIECES
2 GARLIC CLOVES, CRUSHED
1 CELERY STALK, CHOPPED
1 CARROT, CHOPPED
½ SWEET ONION, CUT INTO EIGHTHS
2 TABLESPOONS APPLE CIDER VINEGAR
2 BAY LEAVES
½ TEASPOON BLACK PEPPERCORNS
WATER

1. Lightly grease the insert of the slow cooker with the olive oil.
2. Place the chicken bones, garlic, celery, carrot, onion, apple cider vinegar, bay leaves, and peppercorns in the insert. Add water until the liquid reaches about 1½ inches from the top of the insert.
3. Cover and cook on low for about 24 hours.
4. Strain the broth through a fine-mesh cheesecloth and throw away the solids.
5. Store the broth in sealed containers in the refrigerator for up to 5 days or in the freezer for up to 1 month.

PRECOOKING TIP: As with any stock, roasting the bones before adding them produces a better end product. This is not a necessary step, but you will notice the difference in the taste of the broth.

SIMPLE MARINARA SAUCE

SERVES 12 / PREP TIME: 10 MINUTES / COOK TIME: 7 TO 8 HOURS ON LOW

Marinara sauce is traditionally simmered very slowly on the back burner of the stove, wafting the enticing aroma of tomatoes, garlic, and herbs through the house. The slow cooker is the perfect tool to create this sauce with much less attention and time spent stirring. Marinara freezes beautifully for up to 2 months, so cool it in the refrigerator quickly, right in the insert, and transfer the sauce to sealable plastic freezer bags or containers.

- 3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 2 (28-OUNCE) CANS CRUSHED TOMATOES
- ½ SWEET ONION, FINELY CHOPPED
- 2 TEASPOONS MINCED GARLIC
- ½ TEASPOON SALT
- 1 TABLESPOON CHOPPED FRESH BASIL
- 1 TABLESPOON CHOPPED FRESH OREGANO

1. Lightly grease the insert of the slow cooker with 1 tablespoon of the olive oil.
2. Add the remaining 2 tablespoons of the olive oil, tomatoes, onion, garlic, and salt to the insert, stirring to combine.
3. Cover and cook on low for 7 to 8 hours.
4. Remove the cover and stir in the basil and oregano.
5. Store the cooled sauce in a sealed container in the refrigerator for up to 1 week.

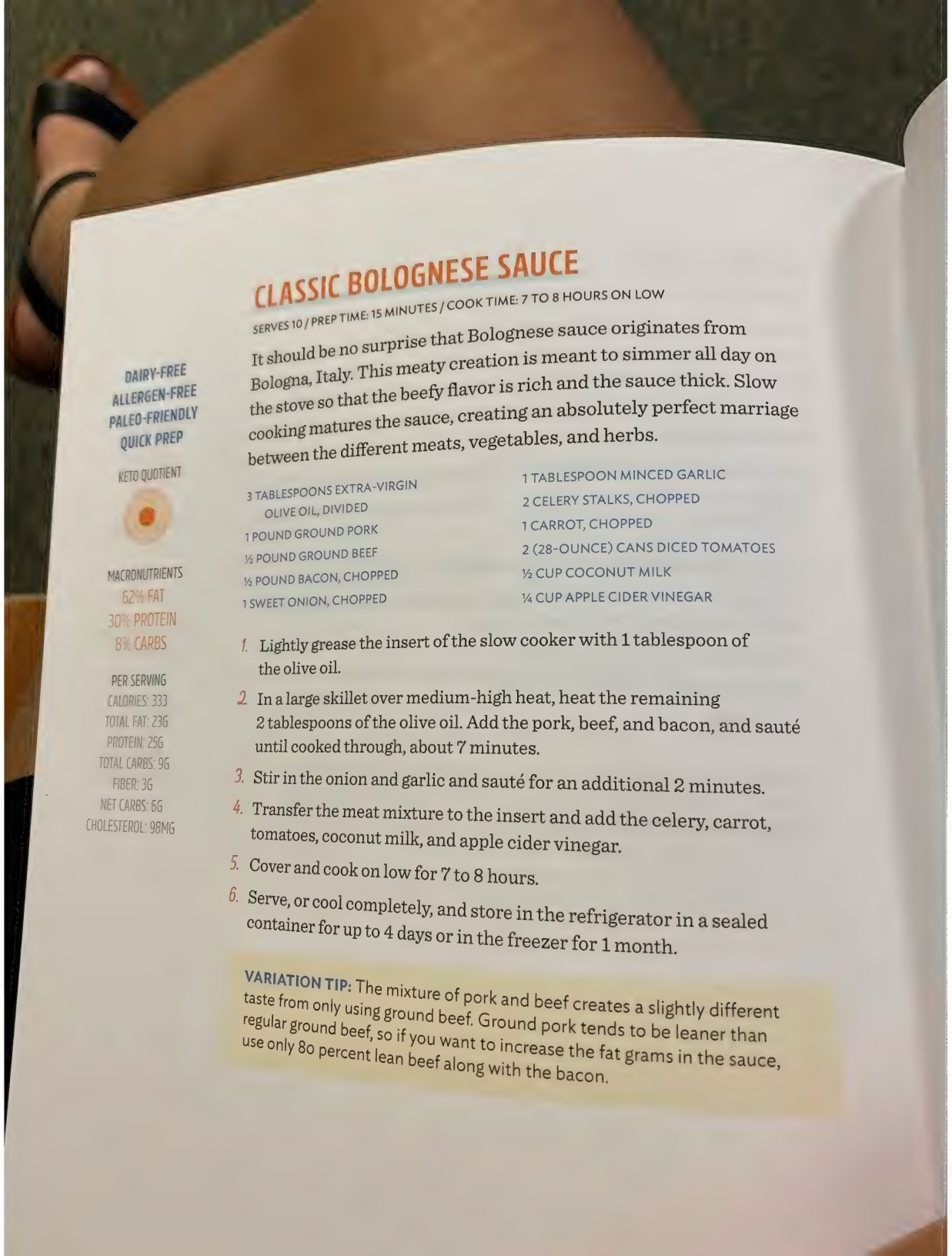
VARIATION TIP: Tomato sauces are enhanced by whatever herbs and seasoning you add to the base ingredients. Red pepper flakes, thyme, parsley, and marjoram are all lovely additions if you want a different-tasting sauce.

DAIRY-FREE
NUT-FREE
ALLERGEN-FREE
PALEO-FRIENDLY
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
54% FAT
7% PROTEIN
39% CARBS

PER SERVING (½ CUP)
CALORIES: 66
TOTAL FAT: 5G
PROTEIN: 1G
TOTAL CARBS: 7G
FIBER: 2G
NET CARBS: 5G
CHOLESTEROL: 0MG



CLASSIC BOLOGNESE SAUCE

SERVES 10 / PREP TIME: 15 MINUTES / COOK TIME: 7 TO 8 HOURS ON LOW

It should be no surprise that Bolognese sauce originates from Bologna, Italy. This meaty creation is meant to simmer all day on the stove so that the beefy flavor is rich and the sauce thick. Slow cooking matures the sauce, creating an absolutely perfect marriage between the different meats, vegetables, and herbs.

DAIRY-FREE
ALLERGEN-FREE
PALEO-FRIENDLY
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
62% FAT
30% PROTEIN
8% CARBS

PER SERVING
CALORIES: 333
TOTAL FAT: 23G
PROTEIN: 25G
TOTAL CARBS: 9G
FIBER: 3G
NET CARBS: 6G
CHOLESTEROL: 98MG

- 3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 1 POUND GROUND PORK
- ½ POUND GROUND BEEF
- ½ POUND BACON, CHOPPED
- 1 SWEET ONION, CHOPPED
- 1 TABLESPOON MINCED GARLIC
- 2 CELERY STALKS, CHOPPED
- 1 CARROT, CHOPPED
- 2 (28-OUNCE) CANS DICED TOMATOES
- ½ CUP COCONUT MILK
- ¼ CUP APPLE CIDER VINEGAR

1. Lightly grease the insert of the slow cooker with 1 tablespoon of the olive oil.
2. In a large skillet over medium-high heat, heat the remaining 2 tablespoons of the olive oil. Add the pork, beef, and bacon, and sauté until cooked through, about 7 minutes.
3. Stir in the onion and garlic and sauté for an additional 2 minutes.
4. Transfer the meat mixture to the insert and add the celery, carrot, tomatoes, coconut milk, and apple cider vinegar.
5. Cover and cook on low for 7 to 8 hours.
6. Serve, or cool completely, and store in the refrigerator in a sealed container for up to 4 days or in the freezer for 1 month.

VARIATION TIP: The mixture of pork and beef creates a slightly different taste from only using ground beef. Ground pork tends to be leaner than regular ground beef, so if you want to increase the fat grams in the sauce, use only 80 percent lean beef along with the bacon.

QUESO SAUCE

MAKES 4 CUPS / PREP TIME: 10 MINUTES / COOK TIME: 3 TO 4 HOURS ON LOW

Queso is the Spanish word for "cheese," so it is an entirely appropriate name for this scrumptious and cheese-packed sauce. Try serving it as a dip for celery or cauliflower or as a topping for grilled chicken, beef, or pork. You can also spoon it over scrambled eggs for a flavor-packed breakfast.

1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
12 OUNCES CREAM CHEESE
1 CUP SOUR CREAM
2 CUPS SALSA VERDE
1 CUP MONTEREY JACK CHEESE, SHREDDED

1. Lightly grease the insert of the slow cooker with the olive oil.
2. In a large bowl, stir together the cream cheese, sour cream, salsa verde, and Monterey Jack cheese, until blended.
3. Transfer the mixture to the insert.
4. Cover and cook on low for 3 to 4 hours.
5. Serve warm.

VARIATION TIP: Salsa verde is a traditional creation made with tomatillos, jalapeño peppers, and lime. It is green, as the name suggests. You can use regular tomato-based salsa instead.

NUT-FREE
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
81% FAT
13% PROTEIN
6% CARBS

PER SERVING (½ CUP)
CALORIES: 278
TOTAL FAT: 25G
PROTEIN: 9G
TOTAL CARBS: 4G
FIBER: 0G
NET CARBS: 4G
CHOLESTEROL: 72MG

CREAMY ALFREDO SAUCE

MAKES 6 CUPS / PREP TIME: 5 MINUTES / COOK TIME: 6 HOURS ON LOW

NUT-FREE
QUICK PREP
KETO QUOTIENT

MACRONUTRIENTS
80% FAT
18% PROTEIN
2% CARBS

PER SERVING (½ CUP)
CALORIES: 280
TOTAL FAT: 27G
PROTEIN: 7G
TOTAL CARBS: 4G
FIBER: 0G
NET CARBS: 4G
CHOLESTEROL: 84MG

This is one of those simple recipes that will baffle chefs because a slow cooker really should not produce such a creamy and smooth sauce. Chefs spend hours perfecting the techniques required for Alfredo sauce, and you just get to set it and forget it. The gentle reduction creates a rich roasted garlic scent that will call your family to your dinner table as effectively as ringing a bell.

1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
4 CUPS CHICKEN BROTH
2 CUPS HEAVY (WHIPPING) CREAM
3 TEASPOONS MINCED GARLIC
½ CUP BUTTER
1 CUP GRATED PARMESAN CHEESE
2 TABLESPOONS CHOPPED FRESH PARSLEY
FRESHLY GROUND BLACK PEPPER, FOR SEASONING

1. Lightly grease the insert of the slow cooker with the olive oil.
2. Stir in the broth, heavy cream, and garlic until combined.
3. Cover and cook on low for 6 hours.
4. Whisk in the butter, Parmesan cheese, and parsley.
5. Season with pepper and serve.

VARIATION TIP: This sauce is meant to taste like a traditional Alfredo sauce, with lots of garlic and the sharp flavor of grated Parmesan. You can add different cheeses, such as goat cheese or Swiss, or other herbs to create a unique variation to use with vegetables and zucchini noodles or spooned over proteins.

SPINACH-CHEESE SPREAD

MAKES 4 CUPS / PREP TIME: 10 MINUTES / COOK TIME: 5 TO 6 HOURS ON LOW

This recipe is very similar to the popular artichoke-and-spinach dip served in many restaurants and homes, so you will be familiar with the tempting flavor. You can whip up a batch and store it in the refrigerator for a quick snack or topping for eggs or poultry. You can also transfer the spread to a smaller crock, top it with a slice of cheese, and heat it up for a special-event snack.

- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 8 OUNCES CREAM CHEESE
- 1 CUP SOUR CREAM
- ½ CUP SHREDDED CHEDDAR CHEESE
- ½ CUP SHREDDED MOZZARELLA CHEESE
- ½ CUP PARMESAN CHEESE
- ½ SWEET ONION, FINELY CHOPPED
- 2 TEASPOONS MINCED GARLIC
- 12 OUNCES CHOPPED SPINACH

1. Grease an 8-by-4-inch loaf pan with the olive oil.
2. In a large bowl, stir together the cream cheese, sour cream, Cheddar, mozzarella, Parmesan, onion, garlic, and spinach until well mixed.
3. Transfer the mixture to the loaf pan and place the pan in the insert of the slow cooker.
4. Cover and cook on low for 5 to 6 hours.
5. Serve warm.

VARIATION TIP: Any dark leafy green, such as kale or Swiss chard, can be used in this tempting creamy creation. You can also add ½ cup chopped artichoke hearts for a traditional combination. This will add 2 grams of carbs to the finished dish.

NUT-FREE
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
80% FAT
15% PROTEIN
5% CARBS

PER SERVING (½ CUP)
CALORIES: 245
TOTAL FAT: 21G
PROTEIN: 9G
TOTAL CARBS: 5G
FIBER: 1G
NET CARBS: 4G
CHOLESTEROL: 57MG

TENDER POUND CAKE

SERVES 8 / PREP TIME: 10 MINUTES / COOK TIME: 5 TO 6 HOURS ON LOW

QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
90% FAT
8% PROTEIN
2% CARBS

PER SERVING
CALORIES: 281
TOTAL FAT: 29G
PROTEIN: 5G
TOTAL CARBS: 1G
FIBER: 0G
NET CARBS: 1G
CHOLESTEROL: 163MG

This buttery dense cake originated in Northern Europe. The name comes from the earliest versions of the recipe that used 1 pound of each of the four base ingredients: flour, butter, sugar, and eggs. This recipe uses almond flour and sweetener instead of the traditional components but tastes just as delicious. This simple recipe can be enhanced with chopped nuts, different extracts such as almond or maple extract, and fresh berries baked inside.

1 TABLESPOON COCONUT OIL
2 CUPS ALMOND FLOUR
1 CUP GRANULATED ERYTHRITOL
½ TEASPOON CREAM OF TARTAR
PINCH SALT
1 CUP BUTTER, MELTED
5 EGGS
2 TEASPOONS PURE VANILLA EXTRACT

1. Lightly grease an 8-by-4-inch loaf pan with the coconut oil.
2. In a large bowl, stir together the almond flour, erythritol, cream of tartar, and salt, until well mixed.
3. In a small bowl, whisk together the butter, eggs, and vanilla.
4. Add the wet ingredients to the dry ingredients and stir to combine.
5. Transfer the batter to the loaf pan.
6. Place the loaf pan in the insert of the slow cooker.
7. Cover and cook until a toothpick inserted in the center comes out clean, about 5 to 6 hours on low.
8. Serve warm.

VARIATION TIP: Pound cake can support many different variations because the base cake has a mild taste and tender texture. You can add blueberries, a couple of tablespoons of peanut butter, mini dark chocolate chips, or lemon zest to create different spectacular cakes for any occasion.

SOUR-CREAM CHEESECAKE

SERVES 10 / PREP TIME: 15 MINUTES / COOK TIME: 5 TO 6 HOURS ON LOW

QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
81% FAT
13% PROTEIN
6% CARBS

PER SERVING
CALORIES: 279
TOTAL FAT: 25G
PROTEIN: 8G
TOTAL CARBS: 4G
FIBER: 1G
NET CARBS: 3G
CHOLESTEROL: 92MG

Cheesecake is a sublime indulgence that is the epitome of culinary achievement for chefs and home cooks alike. The quest for a perfectly luscious texture and balance of tart and sweet is a noble one. This recipe has a pureness of flavor achieved through very few ingredients.

- ¼ CUP BUTTER, MELTED, DIVIDED
- 1 CUP GROUND ALMONDS
- ¾ CUP PLUS 1 TABLESPOON GRANULATED ERYTHRITOL, DIVIDED
- ¼ TEASPOON GROUND CINNAMON
- 12 OUNCES CREAM CHEESE, AT ROOM TEMPERATURE
- 2 EGGS
- 2 TEASPOONS PURE VANILLA EXTRACT
- 1 CUP SOUR CREAM

1. Lightly grease a 7-inch springform pan with 1 tablespoon of the butter.
2. In a small bowl, stir together the almonds, 1 tablespoon of the erythritol, and cinnamon until blended.
3. Add the remaining 3 tablespoons of the butter and stir until coarse crumbs form.
4. Press the crust mixture into the springform pan along the bottom and about 2 inches up the sides.
5. In a large bowl, using a handheld mixer, beat together the cream cheese, eggs, vanilla, and remaining ¾ cup of the erythritol. Beat the sour cream into the cream-cheese mixture until smooth.
6. Spoon the batter into the springform pan and smooth out the top.
7. Place a wire rack in the insert of the slow cooker and place the springform pan on top.
8. Cover and cook on low for 5 to 6 hours, or until the cheesecake doesn't jiggle when shaken.
9. Cool completely before removing from pan.
10. Chill the cheesecake completely before serving, and store leftovers in the refrigerator.

VARIATION TIP: Try topping with fresh berries, dark chocolate, and even a drizzle of melted peanut butter to tempt your palate and delight the eyes.

CARNE ASADA

SERVES 8 / PREP TIME: 15 MINUTES / COOK TIME: 9 TO 10 HOURS ON LOW

If you want an authentic presentation of this dish, you will need to sear the cooked beef under the broiler until it is browned and crackly. There is a small amount of cayenne in the spice mixture, but it packs a considerable heat. Cayenne can help boost metabolism and burn up to 100 calories per meal because it raises one's body temperature.

½ CUP EXTRA-VIRGIN OLIVE OIL, DIVIDED
¼ CUP LIME JUICE
2 TABLESPOONS APPLE CIDER VINEGAR
2 TEASPOONS MINCED GARLIC
1½ TEASPOONS PAPRIKA
1 TEASPOON GROUND CUMIN
1 TEASPOON CHILI POWDER
¼ TEASPOON CAYENNE PEPPER
1 SWEET ONION CUT INTO EIGHTHS
2 POUNDS BEEF RUMP ROAST
1 CUP SOUR CREAM, FOR GARNISH

1. Lightly grease the insert of the slow cooker with 1 tablespoon of the olive oil.
2. In a small bowl, whisk together the remaining olive oil, lime juice, apple cider vinegar, garlic, paprika, cumin, chili powder, and cayenne until well blended.
3. Place the onion in the bottom of the insert and the beef on top of the vegetable. Pour the sauce over the beef.
4. Cover and cook on low for 9 to 10 hours.
5. Shred the beef with a fork.
6. Serve topped with the sour cream.

ALLERGEN TIP: This recipe has a nice macro ratio of fats and protein, so eliminating the sour cream as a topping will still leave this dish suitable for keto. You can use coconut cream as a substitute if you want the keto quotient to remain higher.

NUT-FREE
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
74% FAT
23% PROTEIN
3% CARBS

PER SERVING
CALORIES: 538
TOTAL FAT: 44G
PROTEIN: 31G
TOTAL CARBS: 3G
FIBER: 1G
NET CARBS: 2G
CHOLESTEROL: 129MG

CARNITAS

SERVES 8 / PREP TIME: 15 MINUTES / COOK TIME: 9 TO 10 HOURS ON LOW

Pork is the perfect protein for dishes with lots of spices such as this succulent recipe. If you want a real treat, grind your own cumin and coriander—in a coffee grinder or with a mortar and pestle—after lightly toasting the seeds in a skillet over medium heat, swirling the skillet until the seeds are very fragrant.

- 3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 2 POUNDS PORK SHOULDER, CUT INTO 2-INCH CUBES
- 2 CUPS DICED TOMATOES
- 2 CUPS CHICKEN BROTH
- ½ SWEET ONION, CHOPPED
- 2 FRESH CHIPOTLE PEPPERS, CHOPPED
- JUICE OF 1 LIME
- 1 TEASPOON GROUND CORIANDER
- 1 TEASPOON GROUND CUMIN
- ½ TEASPOON SALT
- 1 AVOCADO, PEELED, PITTED, AND DICED, FOR GARNISH
- 1 CUP SOUR CREAM, FOR GARNISH
- 2 TABLESPOONS CHOPPED CILANTRO, FOR GARNISH

1. Lightly grease the insert of the slow cooker with 1 tablespoon of the olive oil.
2. In a large skillet over medium-high heat, heat the remaining 2 tablespoons of the olive oil.
3. Add the pork and brown on all sides for about 10 minutes.
4. Transfer to the insert and add the tomatoes, broth, onion, peppers, lime juice, coriander, cumin, and salt.
5. Cover and cook on low for 9 to 10 hours.
6. Shred the cooked pork with a fork and stir the meat into the sauce.
7. Serve topped with the avocado, sour cream, and cilantro.

VARIATION TIP: Serve this flavorful meat wrapped in lettuce leaves for a handy snack or charming dinner or lunch. Try flexible leaves such as Boston lettuce or romaine with the hard center rib cut out for the best results.

NUT-FREE
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
73% FAT
22% PROTEIN
5% CARBS

PER SERVING
CALORIES: 508
TOTAL FAT: 41G
PROTEIN: 29G
TOTAL CARBS: 7G
FIBER: 3G
NET CARBS: 4G
CHOLESTEROL: 115MG

BUFFALO CHICKEN

SERVES 4 / PREP TIME: 10 MINUTES / COOK TIME: 6 HOURS ON LOW

Buffalo wings are an indulgence, and creating the perfect flavor and deep-fried crispiness is almost impossible at home. But one taste of this dish will convert you to this much simpler preparation, which does not require a deep fryer and cutting whole wings into flats and drumsticks. Chicken thighs will work equally well in the sauce for the same cooking time. Just be sure to use keto-friendly hot sauce.

DAIRY-FREE
ALLERGEN-FREE
PALEO-FRIENDLY
QUICK PREP

KETO QUOTIENT

MACRONUTRIENTS
74% FAT
25% PROTEIN
1% CARBS

PER SERVING
CALORIES: 376
TOTAL FAT: 31G
PROTEIN: 26G
TOTAL CARBS: 2G
FIBER: 1G
NET CARBS: 1G
CHOLESTEROL: 65MG

3 TABLESPOONS OLIVE OIL, DIVIDED
1 POUND BONELESS CHICKEN BREASTS
1 CUP HOT SAUCE
½ SWEET ONION, FINELY CHOPPED
⅓ CUP COCONUT OIL, MELTED
¼ CUP WATER
1 TEASPOON MINCED GARLIC
2 TABLESPOONS CHOPPED FRESH PARSLEY, FOR GARNISH

1. Lightly grease the insert of the slow cooker with 1 tablespoon of the olive oil.
2. In a large skillet over medium-high heat, heat the remaining 2 tablespoons of the olive oil. Add the chicken and brown for 5 minutes, turning once.
3. Transfer the chicken to the insert and arrange in one layer on the bottom.
4. In a small bowl, whisk together the hot sauce, onion, coconut oil, water, and garlic. Pour the mixture over the chicken.
5. Cover and cook on low for 6 hours.
6. Serve topped with the parsley.

VARIATION TIP: Try serving this dish topped with a scoop of blue cheese dressing to make it more decadent. It will taste like you are having baskets of chicken wings in your favorite bar. Keep in mind that if you do add blue cheese dressing, the dish will no longer be Paleo-friendly.

Sweet and Savory Waffled Sausage Patties

IRON: Belgian or standard | **TIME:** 15 minutes | **YIELD:** Serves 6

In which maple syrup and sage pork sausage make the perfect marriage.

The first time I traveled to Canada, I saw maple everywhere. There's the leaf on the flag, of course—but also the cans of syrup stacked up in grocery stores, the candies in the convenience stores, the pastries in the bakery windows, and the cookbooks in the gift shops.

Some time later, I ended up moving there and found myself, as one does, wanting to make a sausage homage to my new home. So I incorporated a little maple syrup into my favorite sausage recipe and crossed my fingers that it would work in the waffle iron. I needn't have worried. It worked beautifully.

Make these for breakfast and follow them up with a round of Buttermilk Cornmeal Waffles (page 187). The waffles will pick up some of the drippings from the sausage.

INGREDIENTS

- 2 tablespoons maple syrup
- 1 teaspoon dried sage
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon dried marjoram
- ⅛ teaspoon cayenne pepper
- 1 pound ground pork
- Nonstick cooking spray

1 Preheat the waffle iron on medium. Preheat the oven on its lowest setting.

2 In a medium-size bowl, combine the maple syrup, sage, salt, black pepper, marjoram, and cayenne pepper and mix well to combine.

NOTE: Grade A is for syrup with lighter color and more straightforward sweetness, while Grade B syrup is darker and has a more pronounced maple flavor (my personal preference).

3 Add the pork to the spice mixture, and mix well with your hands. Form patties that will fit on one section of your waffle iron.

4 Coat both sides of the waffle iron grid with nonstick spray. Place a patty on each section of the waffle iron and close the lid. With thin patties in a conventional-style waffle iron, the meat may be done in as little as 2 minutes. Belgian-style machines or thicker patties may require more time. The pork should reach an internal temperature of 160°F on an instant-read thermometer.

5 Remove the patties from the waffle iron and serve. Place the finished sausage patties in the oven to keep them warm while the others cook in the waffle iron.

VARIATION

Substitute an equal amount of reduced apple cider for the maple syrup. To make reduced apple cider: In a saucepan, simmer a quart of apple cider over low heat, stirring occasionally, until it thickens and becomes syrupy. The cider may take about an hour to reduce, but pay more attention to its texture than the clock. Store the reduced cider in a glass container in the refrigerator for up to a month and use it on pancakes, waffles, and ice cream.

the lid. (The pressure of the lid will compress the potatoes and help them emerge as a cohesive, waffled unit.)

6 After 2 minutes, press down a bit on the lid to further compress the potatoes. (Careful: The lid may be hot.) Check the potatoes after 10 minutes. They should be just starting to turn golden brown in places.

7 When the potatoes are golden brown throughout, 1 to 2 minutes more, carefully remove them from the waffle iron.

8 Serve with grated cheese, sour cream, or ketchup.

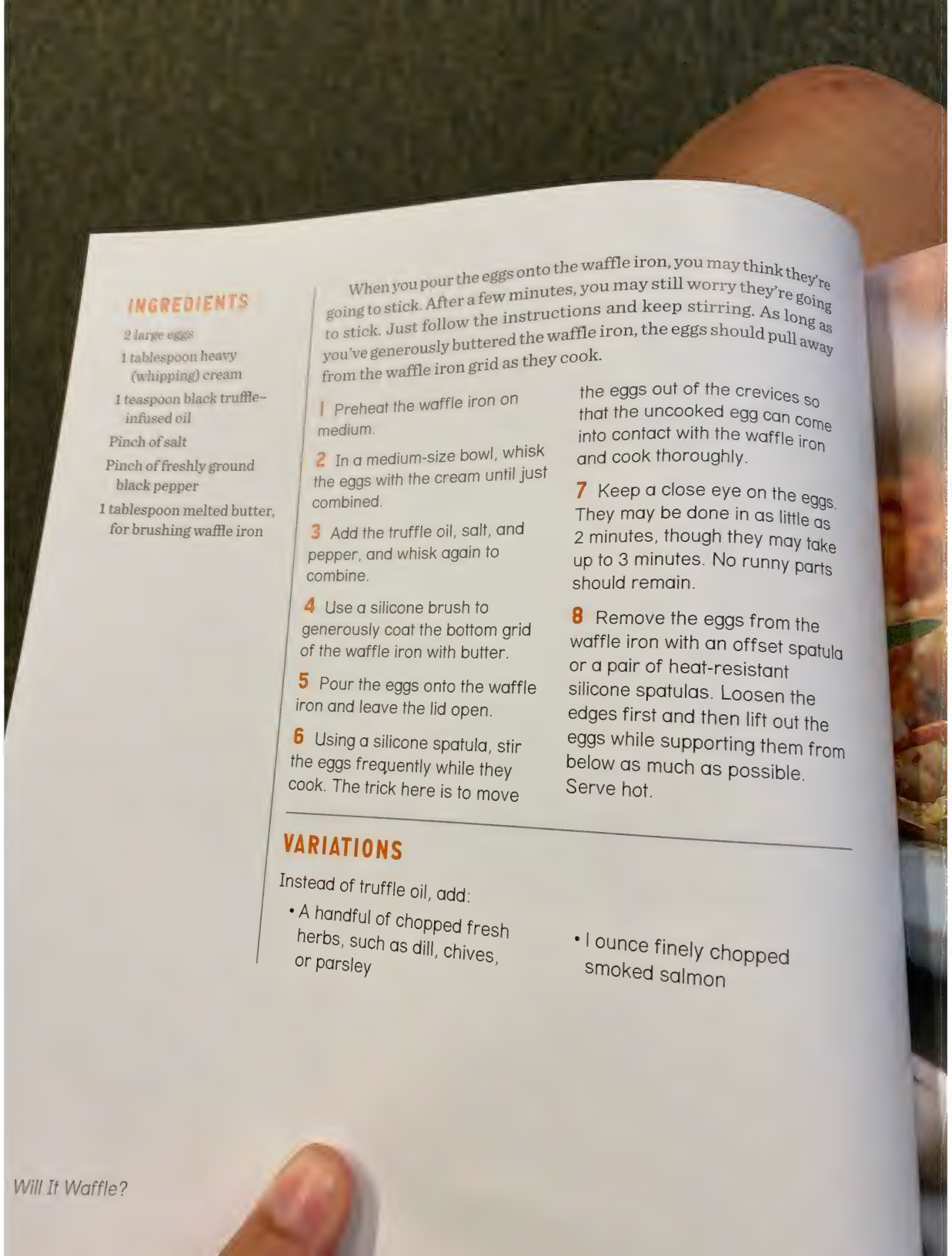
Truffled Eggs, Scrambled and Waffled

IRON: Belgian or standard | **TIME:** 5 minutes | **YIELD:** Serves 1

In a few minutes, you can have beautifully scrambled eggs—pillowy, rich, and perfect for the weekend.

These are not everyday scrambled eggs. They're decadent. This recipe calls for butter, not nonstick spray. It calls for cream, not milk. Most important, it calls for truffle oil. Truffle oil is usually in the neighborhood of 99 percent olive oil infused with a bit of truffle flavor. Even a little bit of it will impart the earthy, incomparable flavor of truffles. After you've used a teaspoon in this recipe, try it in mashed potatoes, on pasta, or even over popcorn. It's expensive, yes, but it's cheaper than buying raw truffles or renting a pig and searching for your own.

◀ WAFFLED HASH BROWNS WITH ROSEMARY



INGREDIENTS

2 large eggs

1 tablespoon heavy (whipping) cream

1 teaspoon black truffle–infused oil

Pinch of salt

Pinch of freshly ground black pepper

1 tablespoon melted butter, for brushing waffle iron

When you pour the eggs onto the waffle iron, you may think they're going to stick. After a few minutes, you may still worry they're going to stick. Just follow the instructions and keep stirring. As long as you've generously buttered the waffle iron, the eggs should pull away from the waffle iron grid as they cook.

1 Preheat the waffle iron on medium.

2 In a medium-size bowl, whisk the eggs with the cream until just combined.

3 Add the truffle oil, salt, and pepper, and whisk again to combine.

4 Use a silicone brush to generously coat the bottom grid of the waffle iron with butter.

5 Pour the eggs onto the waffle iron and leave the lid open.

6 Using a silicone spatula, stir the eggs frequently while they cook. The trick here is to move the eggs out of the crevices so that the uncooked egg can come into contact with the waffle iron and cook thoroughly.

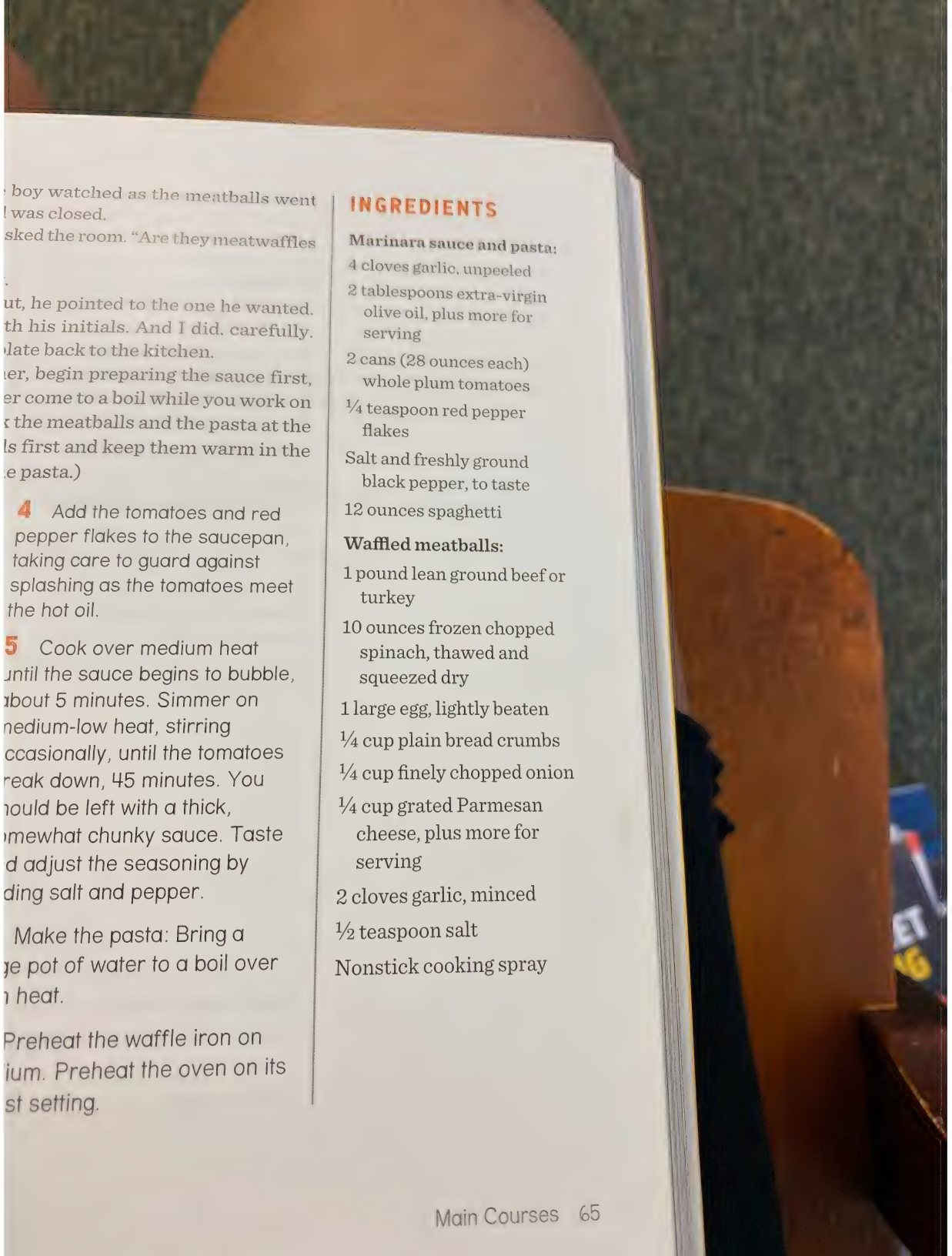
7 Keep a close eye on the eggs. They may be done in as little as 2 minutes, though they may take up to 3 minutes. No runny parts should remain.

8 Remove the eggs from the waffle iron with an offset spatula or a pair of heat-resistant silicone spatulas. Loosen the edges first and then lift out the eggs while supporting them from below as much as possible. Serve hot.

VARIATIONS

Instead of truffle oil, add:

- A handful of chopped fresh herbs, such as dill, chives, or parsley
- 1 ounce finely chopped smoked salmon



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ıer, begin preparing the sauce first,
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the meatballs and the pasta at the
ls first and keep them warm in the
e pasta.)

4 Add the tomatoes and red pepper flakes to the saucepan, taking care to guard against splashing as the tomatoes meet the hot oil.

5 Cook over medium heat until the sauce begins to bubble, about 5 minutes. Simmer on medium-low heat, stirring occasionally, until the tomatoes break down, 45 minutes. You should be left with a thick, somewhat chunky sauce. Taste and adjust the seasoning by ding salt and pepper.

Make the pasta: Bring a ge pot of water to a boil over heat.

Preheat the waffle iron on ium. Preheat the oven on its st setting.

INGREDIENTS

Marinara sauce and pasta:

4 cloves garlic, unpeeled

2 tablespoons extra-virgin olive oil, plus more for serving

2 cans (28 ounces each) whole plum tomatoes

¼ teaspoon red pepper flakes

Salt and freshly ground black pepper, to taste

12 ounces spaghetti

Waffled meatballs:

1 pound lean ground beef or turkey

10 ounces frozen chopped spinach, thawed and squeezed dry

1 large egg, lightly beaten

¼ cup plain bread crumbs

¼ cup finely chopped onion

¼ cup grated Parmesan cheese, plus more for serving

2 cloves garlic, minced

½ teaspoon salt

Nonstick cooking spray

Spaghetti and Waffled Meatballs

IRON: Belgian or standard | **TIME:** 90 minutes | **YIELD:** Serves 4

waffling the meatballs creates little pockets that collect the sauce beautifully.

"Can I borrow your family?"

That was me talking.

My dear friends Nick and Anya have two adorable young children. I have none. (It's not that my children are ugly; I don't have any.) But, I had a hunch that waffling meatballs would be popular among the younger set. To confirm this, I needed a family.

Our schedules were crazy, and in the end it made more sense for me to come to them. Before I left my house, I asked them the question I've trained myself to ask in these situations: "Do you have a waffle iron?"

They did. A beautiful one. Snatched up at a yard sale, it was probably older than anyone in the room. It had the soft lines of a classic car. This thing had seen some waffles.

It was about to see some meatballs.

Nick made a salad while I assembled the meatballs.

When it came time for the meat to hit the grid, the oldest boy was called into the room. "He's going to want to see this," Nick said.

Perched on a stepladder, the boy watched as the meatballs went into the waffle iron and the lid was closed.

"What are they called?" he asked the room. "Are they meatwaffles or waffleballs?"

Wow. This kid got right to it.

When the meatballs came out, he pointed to the one he wanted. I promised I would mark it with his initials. And I did, carefully. Couldn't have him sending his plate back to the kitchen.

To make this all come together, begin preparing the sauce first, so it can simmer, and let the water come to a boil while you work on the meatballs. Then you can cook the meatballs and the pasta at the same time. (Or cook the meatballs first and keep them warm in the preheated oven while you cook the pasta.)

1 Make the marinara sauce: Cut each clove of garlic in half and flatten it with the flat side of a knife blade, pressing down with your palm to crush the garlic. Remove the garlic peel. (It should come off easily.)

2 Place the 2 tablespoons of olive oil and the crushed garlic cloves in a large saucepan over medium-low heat. Cook until the garlic is fragrant and just beginning to turn golden, about 3 minutes.

3 While the garlic is cooking, partially drain the tomatoes by pouring off only the liquid at the top of the can. Use a fork or kitchen shears to rip the tomatoes into large, uneven chunks in the can.

4 Add the tomatoes and red pepper flakes to the saucepan, taking care to guard against splashing as the tomatoes meet the hot oil.

5 Cook over medium heat until the sauce begins to bubble, about 5 minutes. Simmer on medium-low heat, stirring occasionally, until the tomatoes break down, 45 minutes. You should be left with a thick, somewhat chunky sauce. Taste and adjust the seasoning by adding salt and pepper.

6 Make the pasta: Bring a large pot of water to a boil over high heat.

7 Preheat the waffle iron on medium. Preheat the oven on its lowest setting.

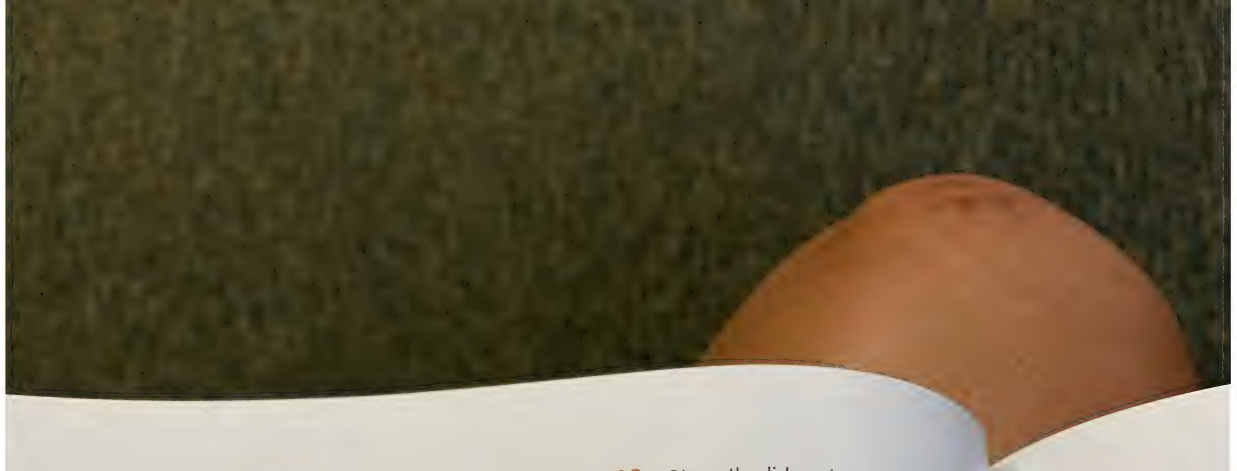
INGREDIENTS

Marinara sauce and pasta:

- 4 cloves garlic, unpeeled
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 2 cans (28 ounces each) whole plum tomatoes
- ¼ teaspoon red pepper flakes
- Salt and freshly ground black pepper, to taste
- 12 ounces spaghetti

Waffled meatballs:

- 1 pound lean ground beef or turkey
- 10 ounces frozen chopped spinach, thawed and squeezed dry
- 1 large egg, lightly beaten
- ¼ cup plain bread crumbs
- ¼ cup finely chopped onic
- ¼ cup grated Parmesan cheese, plus more for serving
- 2 cloves garlic, minced
- ½ teaspoon salt
- Nonstick cooking spra



8 While the sauce simmers and the pasta water comes to a boil, make the meatballs: In a large mixing bowl, combine all of the ingredients for the meatballs, except for the cooking spray, and mix well.

9 Form the mixture into 16 balls and place on a cutting board covered with waxed or parchment paper.

10 Add the spaghetti to the boiling water and cook according to package directions. Drain and keep warm.

11 Coat both sides of the waffle iron grid with nonstick spray. Place as many meatballs as will fit on the waffle iron, leaving a bit of space for each to expand when flattened.

12 Close the lid and cook until the meatballs are browned on the outside and cooked through, 6 minutes. You may have to cut into one to make sure that no traces of pink remain. If you have an instant-read thermometer, beef should be at least 160°F and turkey should be at least 165°F.

13 Remove the meatballs from the waffle iron. Repeat Steps 11 and 12 to cook the remaining meatballs. If the other components are not ready yet, keep the meatballs warm in the preheated oven.

14 Serve a generous portion of pasta with 4 waffled meatballs, topped sparingly with sauce. Drizzle with extra-virgin olive oil and dust with Parmesan. Serve extra sauce at the table.

Waffled Chicken Fingers

IRON: Belgian or standard | **TIME:** 30 minutes | **YIELD:** Serves 4

And you thought ordinary chicken fingers were popular with kids . . .

Finding one recipe that can do double duty as Chicken Parmesan (page 86) and—with just a few more ingredients—turn into Chicken Fingers was a big win.

When it comes to the dipping sauces, using a base of mayonnaise means it's not too difficult to whip up two different options.

1 Preheat the waffle iron on medium.

2 Place the flour in a shallow bowl or deep plate. In a second shallow bowl or deep plate, beat the eggs with a few drops of hot sauce.

3 In a third shallow bowl or deep plate, combine the bread crumbs, Parmesan, and lemon zest. Add ½ teaspoon of the salt and ½ teaspoon of the pepper and stir to combine.

4 Put a single layer of the chicken in a zip-top bag, set it on a flat surface, and press down on the chicken with a cutting board, rolling pin, or heavy frying pan. Pound the chicken to a thickness of about ¼ inch. Remove the chicken from the bag and cut it into strips about an inch wide. Repeat with the remaining chicken.

5 Season the chicken strips with the remaining ½ teaspoon each of the salt and pepper.

INGREDIENTS

- ¾ cup all-purpose flour
- 2 large eggs
- Hot sauce, such as Tabasco, to taste
- 1½ cups plain bread crumbs
- ¼ cup grated Parmesan cheese
- Finely grated zest of 1 lemon
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1½ pounds boneless, skinless chicken cutlets
- Nonstick cooking spray
- Dipping sauces (recipes follow)

Working in batches, dredge it in the flour, shaking off any excess. Transfer it to the bowl with the egg and turn the chicken to coat.

6 Allow the excess egg mixture to drip back into the bowl, then coat the chicken with the bread crumb mixture, pressing the mixture so it sticks.

7 Coat both sides of the waffle iron grid with nonstick spray. Place the chicken in the waffle iron, close the lid, and cook until golden brown and cooked through, 4 minutes.

8 Remove the chicken from the waffle iron and serve with sauces of your choice.

INGREDIENTS

¼ cup mayonnaise
2 tablespoons honey
1 tablespoon Dijon mustard

Honey Mustard Dipping Sauce

Combine the mayonnaise, honey, and Dijon mustard in a small bowl and stir thoroughly.

INGREDIENTS

¼ cup mayonnaise
¼ teaspoon hot sauce, such as Tabasco (or to taste)

Spicy Mayonnaise Dipping Sauce

Combine the mayonnaise and the hot sauce in a small bowl and stir thoroughly. Taste and add more hot sauce, if desired.

Zucchini-Parmesan Flattened Fritters

IRON: Belgian or standard | **TIME:** 40 minutes, including 30 minutes of draining time for zucchini | **YIELD:** Serves 4

If you're looking to add some zip to your vegetables, look no further.

At the peak of summer, zucchini grows like a weed in certain gardens. Disguising the squash and foisting it on unsuspecting (or, in my case, suspecting) friends and relatives becomes a mealtime game.

Enter the waffle iron. Even jaded, zucchini-weary diners will eagerly scarf down a few of these fritters. They come together quickly, too.

Squeezing some of the excess moisture from the zucchini makes for a denser final product that holds together better. Don't skip this step, but, if you're in a hurry, you can cut the time in half.

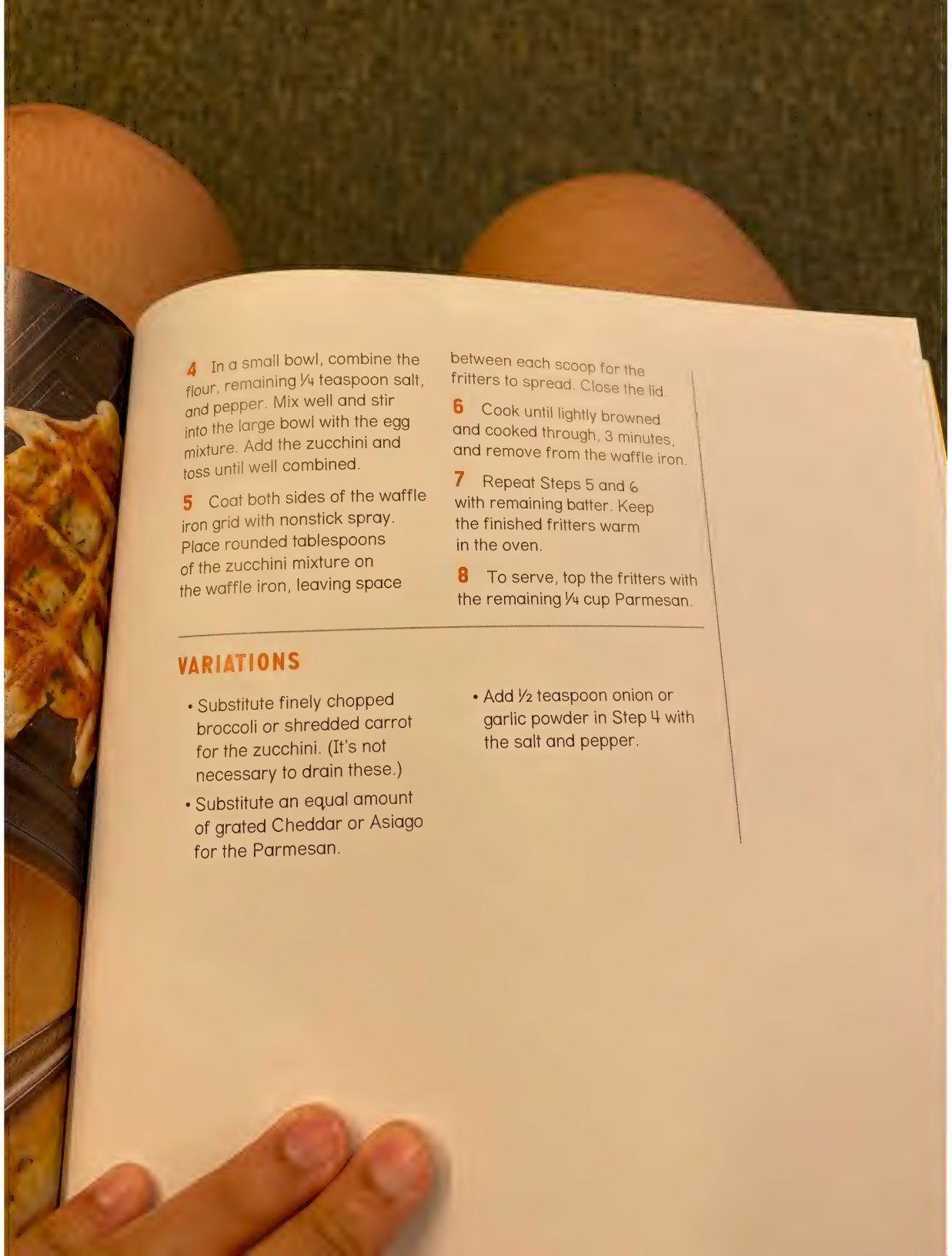
INGREDIENTS

- 2 cups shredded zucchini (about 2 medium-size zucchini)
- ½ teaspoon salt
- 1 large egg
- ¼ cup milk
- ½ cup grated Parmesan cheese
- ½ cup all-purpose flour
- ¼ teaspoon freshly ground black pepper
- Nonstick cooking spray

1 Place the zucchini in a strainer or colander and sprinkle with ¼ teaspoon of the salt. Let it stand for 30 minutes. Rinse well with cold water. Press to remove excess liquid from the zucchini and then blot dry with a clean lint-free towel or paper towels.

2 Preheat the waffle iron on medium. Preheat the oven on its lowest setting.

3 In a large bowl, whisk the egg and then add the milk and ¼ cup of the Parmesan. Whisk well to combine.



4 In a small bowl, combine the flour, remaining ¼ teaspoon salt, and pepper. Mix well and stir into the large bowl with the egg mixture. Add the zucchini and toss until well combined.

5 Coat both sides of the waffle iron grid with nonstick spray. Place rounded tablespoons of the zucchini mixture on the waffle iron, leaving space between each scoop for the fritters to spread. Close the lid.

6 Cook until lightly browned and cooked through, 3 minutes, and remove from the waffle iron.

7 Repeat Steps 5 and 6 with remaining batter. Keep the finished fritters warm in the oven.

8 To serve, top the fritters with the remaining ¼ cup Parmesan.

VARIATIONS

- Substitute finely chopped broccoli or shredded carrot for the zucchini. (It's not necessary to drain these.)
- Substitute an equal amount of grated Cheddar or Asiago for the Parmesan.
- Add ½ teaspoon onion or garlic powder in Step 4 with the salt and pepper.

Waffled Oatmeal Chocolate Chip Cookies

IRON: Belgian or standard | **TIME:** 45 minutes | **YIELD:** Makes about 20 cookies

The portability of the waffle iron is key here: You can churn out warm cookies from anywhere with a working outlet.

Your brain reads waffle, but your taste buds say cookie. And they're both right.

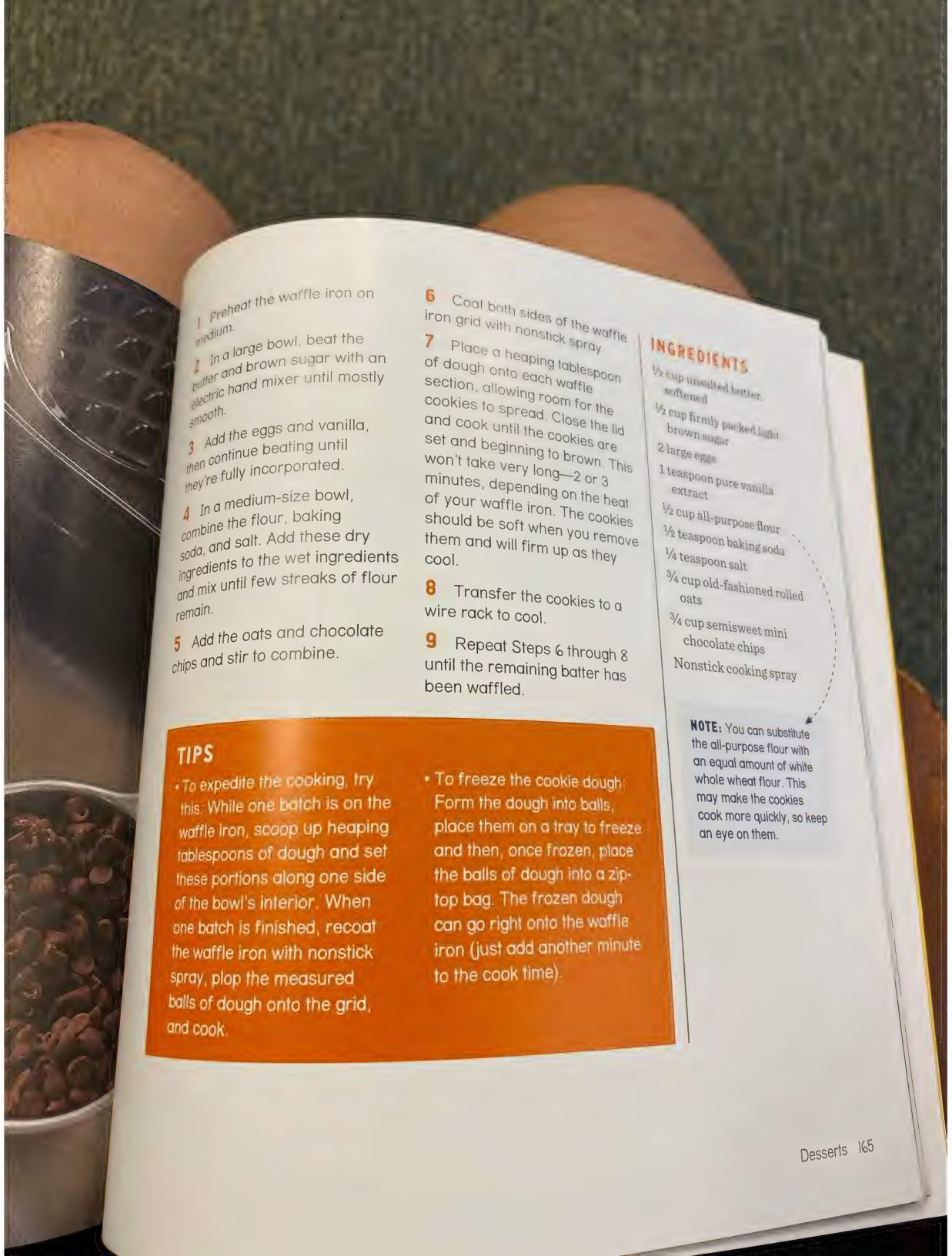
If you only have regular chocolate chips on hand, don't let that stop you from making these cookies. But if you're going shopping for ingredients, you should pick up the mini chocolate chips.

Testing with standard-size chips worked most of the time, except when a few chips poked out of the dough and came into direct contact with the heat of the waffle iron. Those cookies had black streaks of slightly burnt chocolate on the exteriors. They were delicious but not as pretty as the ones with mini chips, and not as consistent.

Don't make the cookies too big. They have to be removed from the waffle iron while they're still fairly soft. Anything bigger than a heaping tablespoon of batter will tend to yield cookies that become unwieldy and fall apart as you attempt to remove them.

Yes, this is an excuse to eat the broken ones. But you don't want them all to be broken.

Right?



1 Preheat the waffle iron on medium.

2 In a large bowl, beat the butter and brown sugar with an electric hand mixer until mostly smooth.

3 Add the eggs and vanilla, then continue beating until they're fully incorporated.

4 In a medium-size bowl, combine the flour, baking soda, and salt. Add these dry ingredients to the wet ingredients and mix until few streaks of flour remain.

5 Add the oats and chocolate chips and stir to combine.

6 Coat both sides of the waffle iron grid with nonstick spray.

7 Place a heaping tablespoon of dough onto each waffle section, allowing room for the cookies to spread. Close the lid and cook until the cookies are set and beginning to brown. This won't take very long—2 or 3 minutes, depending on the heat of your waffle iron. The cookies should be soft when you remove them and will firm up as they cool.

8 Transfer the cookies to a wire rack to cool.

9 Repeat Steps 6 through 8 until the remaining batter has been waffled.

INGREDIENTS

½ cup unsalted butter, softened
½ cup firmly packed light brown sugar
2 large eggs
1 teaspoon pure vanilla extract
½ cup all-purpose flour
½ teaspoon baking soda
¼ teaspoon salt
¾ cup old-fashioned rolled oats
¾ cup semisweet mini chocolate chips
Nonstick cooking spray

NOTE: You can substitute the all-purpose flour with an equal amount of white whole wheat flour. This may make the cookies cook more quickly, so keep an eye on them.

TIPS

- To expedite the cooking, try this: While one batch is on the waffle iron, scoop up heaping tablespoons of dough and set these portions along one side of the bowl's interior. When one batch is finished, recoat the waffle iron with nonstick spray, plop the measured balls of dough onto the grid, and cook.
- To freeze the cookie dough: Form the dough into balls, place them on a tray to freeze and then, once frozen, place the balls of dough into a zip-top bag. The frozen dough can go right onto the waffle iron (just add another minute to the cook time).

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LOADED SWEET POTATO BITES

One of my all-time favorite appetizers is and always has been potato skins. These sweet potato bites have all of the pizzazz of a potato skin but with a much lower carb count and pack a lot of essential vitamins and antioxidants into your diet. This is one of my favorite dishes to take to potluck-style parties. It is so simple but always manages to impress.

SERVES: 6

1 lb (455 g) sweet potato, sliced in ¼ inch (6 mm)-thick slices

3 tbsp (45 ml) olive oil, plus more if needed

Sea salt and black pepper, to taste

½ cup (60 g) sharp cheddar cheese, shredded

⅓ cup (40 g) sour cream

6 slices bacon, cooked crisp and crumbled

2 green onions, chopped

Preheat the oven to 400°F (205°C).

In a large mixing bowl, combine the sweet potato slices, olive oil, sea salt and black pepper. Toss until the sweet potatoes are well coated.

Line the sweet potato slices in a single layer on a rimmed baking sheet and bake on the top rack for 25 minutes.

Top each sweet potato with cheese, sour cream, bacon and green onion.

PER SERVING: 210 Calories; 15g Fat; 6g Protein; 14g Carbohydrate; 2g Dietary Fiber; 12g Net Carbs

ALMOND PARMESAN ZUCCHINI FRIES

Preparing zucchini this way really brings out a sweetness that you can't seem to find in other zucchini recipes. Not only will these zucchini fries make you feel as if you are no longer missing out on French fries, but it is a terrific way to sneak in more vegetables.

SERVES: 6

- *4 medium zucchini (about 2 lbs [910 g])*
- *1½ tsp (8 g) sea salt*
- *2 large eggs*
- *¾ cup (75 g) almond flour*
- *½ cup (50 g) Parmesan cheese, grated*
- *1 tbsp (5 g) Italian seasoning*
- *1½ tsp (4 g) onion powder*
- *1½ tsp (5 g) garlic powder*

Preheat the oven to 425°F (219°C). Line a rimmed baking sheet with parchment paper.

Cut the zucchini into fry-size sticks. Lay the zucchini sticks in a single layer on top of paper towels. Sprinkle the zucchini with 1 teaspoon of sea salt. Top with another layer of paper towels. The salt will help draw out excess moisture from the zucchini, which will help the breading stay on. Let stand for about 15 minutes and then dab the zucchini dry with a paper towel.

Crack the eggs into a shallow bowl and fork whisk.

In a separate, large shallow bowl, combine the almond flour, Parmesan cheese, Italian seasoning, onion powder, garlic powder and remaining ½ teaspoon sea salt. Mix until all the ingredients are well incorporated.

Dip the zucchini sticks in the egg wash and then dredge them in the breading mixture. Make sure that each stick is well coated and line them in a single layer on the prepared baking sheet.

Bake for 15 minutes, flip and then bake for an additional 15 minutes.

PER SERVING: 161 Calories; 11g Fat; 10g Protein; 9g Carbohydrate; 3g Dietary Fiber; 6g Net Carbs

BUFFALO CHICKEN TENDERS

For many of you, your first instinct may be to walk away when you see pork rinds listed as an ingredient. Trust me when I tell you that you cannot taste them at all. Combining the pork rinds with the Parmesan cheese and the seasoning makes a perfectly crunchy breading that you can't tell apart from its gluten-filled, floury counterpart.

SERVES: 3–4

- *2 cups (105 g) crushed pork rinds*
- *¾ cup (75 g) Parmesan cheese, finely grated*
- *1 tsp garlic powder*
- *1 tsp Italian seasoning*
- *1 tsp onion powder*
- *2 large eggs*
- *1½ lbs (680 g) boneless skinless chicken breasts, cut into tender-size pieces*
- *Cooking oil, for frying*
- *¼ cup (60 g) butter (½ stick)*
- *1 cup (240 ml) buffalo wing sauce*

Combine the pork rinds, Parmesan cheese, garlic powder, Italian seasoning and onion powder in a food processor and give a few quick pulses. Pour the mixture into a thin layer on a large plate.

Crack the eggs into a shallow bowl and fork whisk. Dip the chicken tenders in the egg wash, and then dredge them in the breading mixture. Make sure both sides are thoroughly coated in the breading mixture.

Heat 1 to 2 inches (2.5 to 5 cm) of oil in a high-sided skillet. Once the oil is hot and begins to bubble slightly, drop the breaded chicken tenders into the oil. Fry until they are golden brown and crispy on both sides, about 3 minutes each side.

Remove the chicken tenders from the oil and place them on paper towels to absorb the excess grease.

In a sauce pan, over low heat, melt the butter and stir in the buffalo wing sauce. Heat until combined and warmed, about 5 minutes.

Lightly toss the chicken in the buffalo wing sauce.

PER SERVING: 335 Calories; 21g Fat; 33g Protein; 3g Carbohydrate; trace Dietary Fiber; 3g Net Carbs

A FEW NOTES ABOUT THIS RECIPE: Instead of frying them, you can bake them on parchment paper at 375°F (191°C) for 15 to 20 minutes. For either method, be careful not to flip them too many times as this will cause the breading to fall off. There are a couple of ways I like to make these—tossed in Sweet and Tangy Bacon Barbecue Sauce (page 182) or tossed in a fifty-fifty mixture of the barbecue sauce and the buffalo wing sauce.

SLOW COOKER PULLED PORK WITH BACON BARBECUE SAUCE

I love when a dish is simple to make, yet incredibly flavorful. It doesn't get much easier than this. The slow cooker does all the work for you. I like to serve this over top of a bed of the Zesty Coleslaw (page 143).

SERVES: 10

Large red onion, cut into large chunks
4 garlic cloves
2 large ribs celery, cut into sticks
2 cups (480 ml) beef stock
5 lbs (2¼ kg) pork roast
Sea salt and black pepper
4 cups (920 g) Sweet and Tangy Bacon Barbecue Sauce (page 182)

Heat a large slow cooker on the high setting. In the slow cooker, combine the onion, garlic, celery and beef stock. Sprinkle the pork roast with a generous coating of sea salt and black pepper and place the roast in the slow cooker on top of the vegetables. Cover and cook for 7 hours.

After 7 hours, pull the pork roast out of the slow cooker and put it in a large bowl. Drain the liquid and discard the vegetables from the slow cooker. Fork shred the pork roast and place it back in the slow cooker. Pour the barbecue sauce over the pork and mix in. Cook for 1 additional hour.

PER SERVING (Does not include sauce): 388 Calories; 24g Fat; 35g Protein; 7g Carbohydrate; 1g Dietary Fiber; 6g Net Carbs

SHRIMP SCAMPI

What's not to love about delicate shrimp swirling around in a rich pool of garlic and butter? If you are short on time and looking to throw together a meal that will taste as if you spent hours in the kitchen, then this is the dish for you. This recipe will have you in and out of the kitchen in about 15 minutes.

SERVES: 4

- 1½ lbs (680 g) jumbo shrimp, peeled and deveined
- Sea salt and black pepper
- ¼ cup (60 g) butter (½ stick)
- 3 cloves garlic, minced
- 3 tbsp (45 ml) chicken stock
- 2 tbsp (30 ml) lemon juice
- 1 tbsp (6 g) lemon zest
- 1 tsp onion powder
- 2 tbsp (8 g) fresh parsley, chopped
- ½ tsp crushed red pepper flakes

Sprinkle the shrimp with sea salt and black pepper.

In a large skillet over medium heat, melt the butter. Once the butter has melted, add the garlic and sauté for about 1 minute. Be careful as garlic can burn and turn bitter very fast.

Add the chicken stock, lemon juice, lemon zest and onion powder. Let simmer for 2 to 3 minutes.

Add the shrimp and sauté, stirring often, until the shrimp have all turned pink, about 5 to 6 minutes.

Add the fresh parsley and red pepper flakes and toss before serving.

PER SERVING: 298 Calories; 15g Fat; 35g Protein; 4g Carbohydrate; trace Dietary Fiber; 4g Net Carbs

CHEDDAR DILL BISCUITS

These biscuits are packed with cheesy, savory goodness, and thanks to the almond flour, they are gluten free. They make the perfect primal low-carb addition to just about any meal. Not only are they perfect for biscuits and gravy but they make for excellent breakfast sandwiches, too! I like to split one open and slap a gooey, yolky fried egg, fresh tomato slice and avocado on it. Yum!

SERVES: 4

- 4 oz (115 g) cream cheese, softened
- 1 large egg
- 1 tsp dried dill
- ½ tsp onion salt
- ½ tsp Italian seasoning
- 2 cloves garlic, minced
- 1 cup (115 g) sharp cheddar cheese, shredded
- 1½ cups (145 g) almond flour
- ¼ cup (60 ml) heavy cream
- ¼ cup (60 ml) water

Preheat the oven to 350°F (177°C).

In a medium bowl, using a hand mixer on low speed, whip the cream cheese and egg together.

Add the dill, onion salt, Italian seasoning and garlic. Use a rubber spatula to mix the seasonings into the cream cheese mixture.

Add the cheddar cheese, almond flour, heavy cream and water. Using the hand mixer on low speed, mix until all the ingredients are well incorporated.

Drop the dough in heaping mounds into 8 wells of a lightly greased muffin top pan. Bake for 20 minutes.

PER SERVING: 249 Calories; 22g Fat; 10g Protein; 5g Carbohydrate; 2g Dietary Fiber; 3g Net Carbs

BACON SWEET POTATO TOTS

Tater tots bring another instant flashback to my childhood. Are you starting to see a theme here? Like a lot of my generation, I was raised on inexpensive cuts of meat, frozen vegetables and highly processed, packaged foods. As an adult, when I actually started to take a deeper look at ingredient lists of all these foods, I was appalled. Have you ever picked up a bag of frozen tots or even sweet potato fries? One would think the only necessary ingredients would be potatoes and maybe some seasoning. The ingredient list is long and hard to pronounce. I knew I had an opportunity to clean things up and make sure my family is eating nutrient-dense whole foods, without missing out on treats such as tots. In this recipe, which uses sweet potatoes, I bake them, but you can also fry them. I recommend making them ahead of time and freezing them first if you are going to fry them. I love to serve these with Creamy Horseradish Sauce (page 189).

SERVES: 5

- 2 large sweet potatoes
- 6 strips bacon, cooked crisp and crumbled
- ¼ cup (25 g) almond flour
- 1 tsp garlic powder
- 1 tsp sea salt
- ¾ tsp black pepper

Preheat the oven to 400°F (205°C). Line a rimmed baking sheet with parchment paper.

Bring a large pot of salted water to a boil. Boil the sweet potatoes for 15 minutes, cooking only partially. Remove from the water and let cool.

Using a box grater, grate the sweet potatoes into a large mixing bowl. Press paper towels into the grated sweet potatoes to soak up as much excess moisture as possible.

To the sweet potatoes add the crumbled bacon, almond flour, garlic powder, sea salt and black pepper. Mix until all the ingredients are well incorporated. Form the mixture into small logs.

Bake the tots for 40 minutes, or until they are nice and crispy on the outside.

PER SERVING: 101 Calories; 4g Fat; 3g Protein; 13g Carbohydrate; 2g Dietary Fiber; 11g Net Carbs

LEMON BLUEBERRY MUFFINS

I'm not sure that anything can make a home smell as heavenly as fresh baked blueberry muffins. That explains why there are so many blueberry muffin–scented candles out there. While most muffins are off limits for a primal low-carb lifestyle, thanks to alternative flours, we can take back muffins! For this recipe, there are a few substitutions you can make and still have these muffins turn out fantastic. You can substitute the butter with an equal amount of ghee or coconut oil. You can also swap the applesauce for one ripe, mashed banana.

SERVES: 10

1 cup (250 g) unsweetened applesauce
4 large eggs
¼ cup (60 g) butter (½ stick), melted
1 tbsp (6 g) lemon zest
1½ tsp (8 ml) vanilla extract
1 tsp lemon extract
½ cup (30 g) coconut flour
1 tbsp (10 g) coconut sugar
1 tsp ground cinnamon
½ tsp baking soda
½ tsp sea salt
½ cup (80 g) frozen blueberries

Preheat the oven to 350°F (177°C).

In a large mixing bowl, combine the applesauce, eggs, butter, lemon zest, vanilla and lemon extracts. Whisk together until all the ingredients are well incorporated.

In a separate bowl, combine the coconut flour, coconut sugar, cinnamon, baking soda and sea salt. Mix until the dry ingredients are well combined.

Add the dry ingredients to the wet ingredients and mix until all the ingredients are well incorporated and there are no visible clumps. Gently fold in the blueberries.

Lightly grease a 10-cup muffin tin or line with muffin cups. Divide the mixture evenly among the prepared cups. Bake for 25 to 30 minutes. Allow to cool on a cooling rack before serving.

PER SERVING: 108 Calories; 7g Fat; 3g Protein; 7g Carbohydrate; 2g Dietary Fiber; 5g Net Carbs

BREAKFAST SAUSAGE

To do this sausage justice, it really needs to be made a day ahead of time. Doing this gives all the herbs a chance to really flavor the pork. I also like to make double or triple batches of these and freeze them. I have frozen them raw as well as cooked, but cooking them ahead of time and then freezing them makes for a quick weekday breakfast.

SERVES: 4

- 2 lbs (910 g) ground pork
- 2 tsp (2 g) rubbed sage
- 2 tsp (10 g) sea salt
- 1½ tsp (1 g) dried parsley
- 1 tsp garlic powder
- 1 tsp black pepper
- ½ tsp dried thyme
- ¼ tsp ground nutmeg
- ¼ tsp red pepper flakes

In a large mixing bowl, combine the ground pork, sage, sea salt, parsley, garlic powder, black pepper, thyme, nutmeg and red pepper flakes. Mix until all the ingredients are well incorporated. Cover and refrigerate for up to 24 hours. The more time you have to let it refrigerate, the more the flavors really come together.

Form mixture into patties and cook in a skillet over medium-high heat. Cook until both sides are golden brown, about 3 minutes each side.

PER SERVING: 151 Calories; 12g Fat; 10g Protein; trace Carbohydrate; trace Dietary Fiber; Trace Net Carbs

WAFFLE BREAKFAST SANDWICHES

The softer texture of these waffles makes for a perfect breakfast sandwich—the type of sandwich that is delicious for breakfast, lunch or dinner. I like to slather some mayonnaise on mine for a sweet and savory combo. This is also great with syrup drizzled over the top. Confession . . . I do both at the same time!

SERVES: 4

- 4 Cinnamon Waffles (page 169)
- 12 oz (340 g) Black Forest ham, thinly sliced and warmed
- 1 large avocado, peeled, pitted and sliced
- 4 slices sharp cheddar cheese
- 4 large eggs, fried
- Mayonaise and/or maple syrup, for garnish

Cut each waffle in half, creating a top and bottom for the sandwich.

Layer 4 of the waffle halves with Black Forest ham, avocado, cheese and egg. Use the remaining 4 halves for the top of your sandwiches.

PER SERVING: 1,138 Calories; 90g Fat; 65g Protein; 26g Carbohydrate; 9g Dietary Fiber; 17g Net Carbs

CINNAMON WAFFLES

This recipe makes for a softer waffle than your traditional super-crisp Belgium variety. Personally, I prefer it that way as it saves the roof of my mouth from the torture that eating waffles usually inflicts. The subtle sweetness of these waffles makes them flavorful enough to eat plain. However, I like to top them with a little nut butter, syrup and sliced bananas.

SERVES: 4

- ½ cup (55 g) coconut flour
- 3 tbsp (30 g) coconut sugar
- 1 tsp ground cinnamon
- ½ tsp gluten-free baking powder
- ½ tsp sea salt
- 5 large eggs
- ¼ cup (60 g) butter (½ stick), melted
- 1 cup (240 ml) coconut milk
- 1 tsp vanilla extract

In a large mixing bowl, combine the coconut flour, coconut sugar, cinnamon, baking powder and sea salt. Mix until the ingredients are well combined.

Crack the eggs into a separate bowl and whisk together with the melted butter, coconut milk and vanilla extract.

Slowly pour the egg mixture into the dry ingredients, a little at a time, mixing as you go. Mix until all the ingredients are well incorporated and there are no visible clumps.

Ladle the batter into a greased, preheated waffle iron and cook until crisp and golden brown. This batter will take longer to get crispy than your normal waffle batter.

PER SERVING: 432 Calories; 35g Fat; 11g Protein; 20g Carbohydrate; 7g Dietary Fiber; 13g Net Carbs

HEARTY MEAT SAUCE

This is another great recipe to sneak some leftover vegetables into. You can also use fresh herbs in place of the dried herbs. A good rule of thumb is that 1 teaspoon of dried herbs is equal to 1 tablespoon (4 g) of fresh herbs.

YIELD: 8 CUPS (1.9 L); SERVING SIZE: ½ CUP (120 ML)

- 1 lb (455 g) ground beef
- 8 oz (230 g) ground Italian pork sausage
- ½ cup (75 g) onion, diced
- 4 large cloves garlic, minced
- 1 tsp sea salt
- 2 (14 oz [415 mL]) cans organic diced tomatoes, with liquid
- 1 (14 oz [415 mL]) can organic tomato sauce
- 1 (6 oz [180 mL]) can organic tomato paste
- 8 oz (230 g) cremini mushrooms, thinly sliced
- 1 tbsp (3 g) fresh basil, chopped
- 1 tbsp (4 g) fresh parsley, chopped
- 1 tsp dried oregano
- 1 tsp dried Italian seasoning
- 1 tsp garlic salt
- 1 tsp onion powder
- ½ tsp crushed red pepper flakes

In a large skillet over medium-high heat, combine the ground beef, Italian pork sausage, onion, garlic and sea salt. Cook until the meat is browned. Drain any excess grease.

Transfer the meat mixture to a large saucepan. To the pan, add the diced tomatoes, tomato sauce, tomato paste, mushrooms, basil, parsley, oregano, Italian seasoning, garlic salt, onion powder and red pepper flakes. Mix until all the ingredients are well incorporated.

Reduce the heat to low and simmer, uncovered, for 30 minutes.

PER SERVING: 173 Calories; 14g Fat; 8g Protein; 6g Carbohydrate; 1g Dietary Fiber; 5g Net Carbs

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CREAMY AVOCADO CITRUS DRESSING

My love of avocados is vast and unending. The perfectly ripe avocado has a delicate, nutty flavor and smooth, buttery texture. Just writing this makes me want one. This dressing is on the thicker side. However, you can thin it out by adding a little water or cream.

YIELD: 3 CUPS (710 ML); SERVING SIZE: 2 TBSP (30 ML)

2 medium avocados, peeled, pitted and cubed
½ cup (110 g) mayonnaise
½ cup (60 g) sour cream
2 cloves garlic, minced
1 small lime, juiced
2 tbsp (30 ml) avocado oil
2 tbsp (3 g) dried parsley
1 tbsp (3 g) fresh chives, chopped
Sea salt and black pepper, to taste

In a food processor, combine the avocado, mayonnaise, sour cream, garlic, lime juice, avocado oil, parsley, chives, and sea salt and black pepper. Pulse until smooth and creamy.

PER SERVING: 77 Calories; 8g Fat; 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 2g Net Carbs

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LEMON-GARLIC VINAIGRETTE

This is a fresh and light dressing that complements just about any salad. It is also an excellent marinade for chicken and fish. I prefer to use avocado oil for my vinaigrette recipes as it is a great healthy fat and has a much lighter taste.

YIELD: 2 CUPS (475 ML); SERVING SIZE: 2 TBSP (30 ML)

1½ cups (355 ml) avocado oil
Juice of 1 large lemon
6 cloves garlic, minced
2 tbsp (30 g) gluten-free Dijon mustard
1 tbsp (10 g) dried onion flakes
1 tsp sea salt
½ tsp black pepper

In a glass jar with a lid, combine the avocado oil, lemon juice, garlic, mustard, onion flakes, sea salt and black pepper. Tightly fasten the lid on the jar and shake well until all the ingredients are well combined. For best flavor, refrigerate for up to 24 hours before serving.

PER SERVING: 187 Calories; 21g Fat; trace Protein; 1g Carbohydrate; trace Dietary Fiber; 1g Net Carbs

RANCH DRESSING

You can never go wrong with a good ranch dressing. I put it on almost everything. I like to use this recipe as a base and get creative with it. Sometimes I add a little salsa. Other times I will add some crispy bacon. I've even added a couple of tablespoons of taco seasoning to it. The possibilities are endless.

YIELD: 2¼ CUPS (590 ML); SERVING SIZE: 2 TBSP (30 ML)

½ cup (110 g) mayonnaise
½ cup (60 g) sour cream
1 clove garlic, minced
1 tbsp (4 g) fresh parsley, chopped
1 tbsp (3 g) fresh chives, chopped
2 tsp (10 ml) apple cider vinegar
1 tsp fresh dill, chopped
½ tsp onion powder
¼ tsp sea salt
⅛ tsp black pepper

In a mixing bowl, combine the mayonnaise, sour cream, garlic, parsley, chives, apple cider vinegar, dill, onion powder, sea salt and black pepper. Mix until all the ingredients are well incorporated. Refrigerate, covered, for at least 1 hour before serving.

PER SERVING: 52 Calories; 6g Fat; trace Protein; trace Carbohydrate; trace Dietary Fiber; trace Net Carbs

RANCH

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YIELD: 2¼ CUPS (590

½ cup (110 g) mayo
½ cup (60 g) sour
1 clove garlic, minc
1 tbsp (4 g) fresh p
1 tbsp (3 g) fresh ch
2 tsp (10 ml) apple
1 tsp fresh dill, chop
½ tsp onion powde
¼ tsp sea salt
⅛ tsp black pepper

LEMON-GARLIC AIOLI

Aioli is mayonnaise's zesty sibling. I use this in place of regular mayonnaise when a dish needs an extra kick. It is a terrific way to jazz up tuna salad, chicken salad and deviled eggs. It makes a great dip for fresh seafood, and my personal favorite use is as a dip for Steamed Artichokes (page 132).

YIELD: 1¼ CUPS (355 ML); SERVING SIZE: 2 TBSP (30 ML)

1 cup (220 g) mayonnaise
4 cloves garlic, minced
2 tsp (10 g) gluten-free Dijon mustard
2 tsp (10 ml) lemon juice
½ tsp onion powder

In a medium mixing bowl, combine the mayonnaise, garlic, mustard, lemon juice and onion powder. Mix until all the ingredients are well incorporated. Refrigerate, covered, for 1 to 2 hours before serving.

PER SERVING: 161 Calories; 19g Fat; trace Protein; 1g Carbohydrate; trace Dietary Fiber; 1g Net Carbs

GREEN GODDESS SAUCE

TOTAL TIME 5 minutes
PREP TIME 5 minutes
COOK TIME 0 minutes

SERVES 4
SERVING SIZE 2 tablespoons

This clean tasting sauce is made with fresh herbs, garlic, lemon juice, and a combination of light mayonnaise and nonfat plain Greek yogurt to give it a creamy consistency. Use over fish, chicken, or beef. It also is a perfect dip to serve at a party with a crudité.

- 1/4 cup light mayonnaise
- 1/4 cup fresh basil
- 1/4 cup nonfat plain Greek yogurt
- Juice of 1 lemon (2 tablespoons)
- 1 scallion (green and white parts), sliced
- 1 clove garlic, minced
- 1/2 teaspoon drained capers

1 Add all the ingredients to a blender and blend until smooth.

Toby Tip

When selecting lemons, look for those that are bright in color without any spots or discoloration. To select the juiciest ones, give them a gentle squeeze. The juicier lemons are softer, with less pith and more juice.

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TOTAL TIME 5 minutes
PREP TIME 5 minutes
COOK TIME 0 minutes

SERVES 4
SERVING SIZE 2 tablespoons

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1/4 cup nonfat plain Greek yogurt
Juice of 1 lemon (2 tablespoons)
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1 clove garlic, minced
1/2 teaspoon drained capers

GREE

This clean tasting sauce ... lemon juice, and a combination of light may... nonfat plain Greek yogurt to give it a creamy consistency. Use over fish, chicken, or beef. It also is a perfect dip to serve at a party with a crudité.

Add all the ingredients to a blender and blend until smooth.

Toby Tip

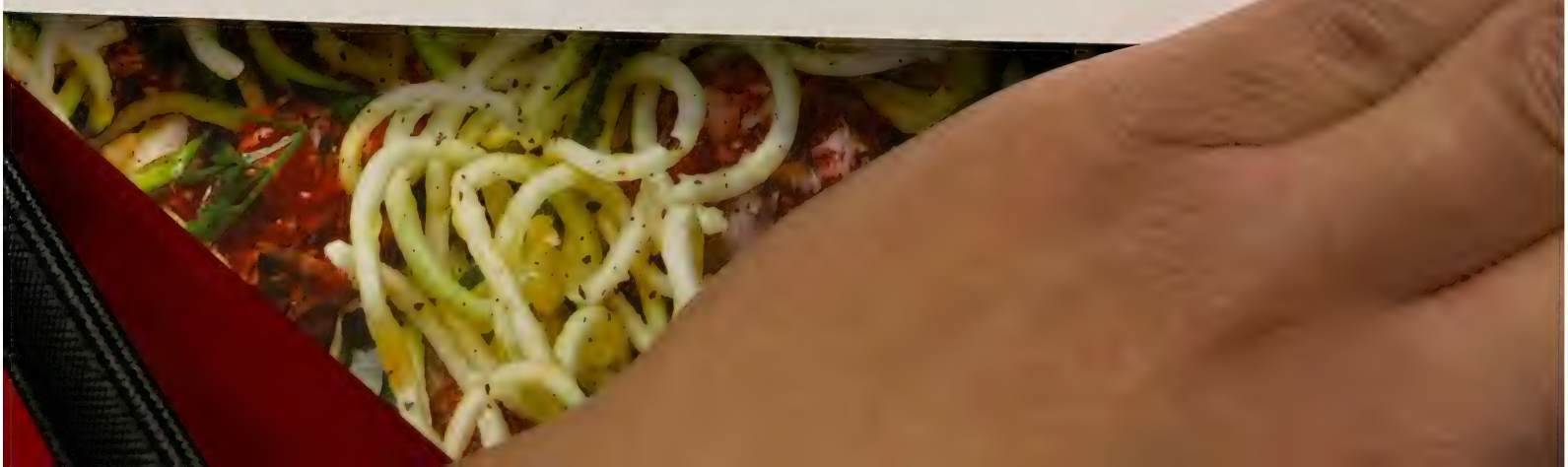
When selecting lemons, look for those that are bright in color without any spots or discoloration. To select the juiciest ones, give them a gentle squeeze. The juicier lemons are softer, with less pith and more juice.

Choices/Exchanges 1 Fat

Calories 50
Calories from Fat 30
Total Fat 3.5 g
Saturated Fat 0.3 g
Trans Fat 0.0 g

Cholesterol 5 mg
Sodium 130 mg
Potassium 65 mg
Total Carbohydrate 3 g
Dietary Fiber 0 g

Sugars 1 g
Added Sugars 0 g
Protein 2 g
Phosphorus 25 mg



MOZZARELLA-STUFFED TURKEY MEATBALLS

Instead of using plain or flavored bread crumbs in meatballs, hamburgers, and meatloaf, blend whole-grain rolled oats and use them in the mix. It's an easy way to add more whole grains into dishes.

TOTAL TIME 30 minutes
PREP TIME 15 minutes
COOK TIME 15 minutes
SERVES 13
SERVING SIZE 2 meatballs

- 1/2 cup rolled oats
- 1 pound lean ground turkey (at least 93% lean)
- 1 small yellow onion, finely chopped
- 1 clove garlic, minced
- 1 tablespoon dried basil
- 1 large egg, beaten
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 ounces part-skim mozzarella, cut into 26 pieces
- 2 tablespoons olive oil

1 Place the oats in a blender and pulse until blended into a fine powder.

2 In a large bowl, combine the oats, ground turkey, onion, garlic, basil, egg, salt, and black pepper. Shape 2 tablespoons of the turkey mixture into a ball. Insert a clean thumb into the center and open into a disc. Insert one piece of mozzarella in the center and seal the meatball again. Repeat with the remaining turkey mixture and mozzarella to make 26 meatballs.

3 In a large skillet over medium heat, heat the olive oil. When the oil is shimmering, add the meatballs and cook, covered, for about 15 minutes, turning every few minutes to brown all sides. Cook until a thermometer inserted into a meatball reads 165°F.

Toby Tip

Serve with warmed low-sodium tomato sauce for dipping or Sriracha-Yogurt Dip (page 213).

Choices/Exchanges 1 Lean Protein, 1 1/2 Fat
Calories 120
Calories from Fat 60
Total Fat 7.0 g
Saturated Fat 2.1 g
Trans Fat 0.0 g
Cholesterol 45 mg
Sodium 130 mg
Potassium 120 mg
Total Carbohydrate 3 g
Dietary Fiber 1 g
Sugars 0 g
Added Sugars 0 g
Protein 10 g
Phosphorus 130 mg

SERVING SIZE 2 meatballs

1/2 cup rolled oats
1 pound lean ground turkey (at least 93% lean)
1 small yellow onion, finely chopped
1 clove garlic, minced
1 tablespoon dried basil
1 large egg, beaten
1/4 teaspoon salt
1/4 teaspoon ground black pepper
4 ounces part-skim mozzarella, cut into 26 pieces
2 tablespoons olive oil

1 Place the oats in a blender and pulse until blended into a fine powder.

2 In a large bowl, combine the oats, ground turkey, onion, garlic, basil, egg, salt, and black pepper. Shape 2 tablespoons of the turkey mixture into a ball. Insert a clean thumb into the center and open into a disc. Insert one piece of mozzarella in the center and seal the meatball again. Repeat with the remaining turkey mixture and mozzarella to make 26 meatballs.

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Toby Tip

Serve with warmed low-sodium tomato sauce for dipping or Sriracha-Yogurt Dip (page 213).

Choices/Exchanges 1 Lean Protein, 1 1/2 Fat
Calories 120
Calories from Fat 60
Total Fat 7.0 g
Saturated Fat 2.1 g
Trans Fat 0.0 g
Cholesterol 45 mg
Sodium 130 mg
Potassium 120 mg
Total Carbohydrate 3 g
Dietary Fiber 1 g
Sugars 0 g
Added Sugars 0 g
Protein 10 g
Phosphorus 130 mg

PANCAKES
WITH STRAWBERRIES AND CREAM

Prep 10 minutes | Cook 15 minutes
Servings 6 | Serving size 1½ pancakes

Nutrition per serving Fiber 5.5g | Calories 413

TOTAL FAT	NET CARBS	PROTEIN
35.5g (75%)	5.5g (14%)	10g (11%)

These low-carb pancakes are sweet and fluffy, and covered in rich strawberries and cream. Eating these pancakes for breakfast every morning will feel like a treat!

- 6 large eggs
- ¾ cup coconut flour
- 2 tbsp granular erythritol
- 1 tsp baking powder
- 1 tsp vanilla extract
- ¾ cup water
- 1 tbsp coconut oil
- 6 tbsp butter
- 4 large strawberries, each cut into 3 slices
- ¾ cup heavy whipping cream
- 6 tbsp sugar-free maple syrup (optional)

1 In a medium bowl, combine the eggs and whisk until a uniform color is achieved.

2 Add the coconut flour, erythritol, baking powder, vanilla extract, and water. Whisk until the mixture becomes thick and smooth. Set aside to rest for 5 minutes.

3 Add the coconut oil to a large frying pan placed over medium heat. Once the oil is hot, pour the batter into the skillet to form five 5-inch (13cm) pancakes. Once bubbles appear on the surface of the pancakes, use a spatula to flip them and cook for an additional 30 seconds, then transfer the pancakes to a plate. Repeat the process with the remaining batter to make 4 additional pancakes. (The yield should be 9 equal-sized pancakes.)

4 Cut three of the pancakes in half and transfer 1½ pancakes to 6 meal prep containers. Top each serving with 1 tablespoon of the butter.

5 Transfer the strawberries, whipping cream, and maple syrup (if using) to separate prep containers. When you're ready to serve, heat the pancakes in the microwave until the butter is melted, then top each pancake with 2 strawberry slices, 1.2fl oz (40ml) of the whipping cream, and 1 tablespoon of the syrup.

Storage: Store in the fridge for up to 6 days.

TIPS

If you prefer to eat these cold, you can combine all of the ingredients in single containers.

To make this recipe dairy-free, you can substitute coconut cream (solid white portion only) for the whipping cream, and ghee for the butter.

CAULIFLOWER HASH BROWNS

These hash browns are a great way to spice up breakfast, and also use up leftover cauliflower. They're bold and super flavorful, with a satisfying crunch!

Prep 10 minutes | Cook 15 minutes
Servings 4 | Serving size 1

Nutrition per serving Fiber 3g | Calories 366

TOTAL FAT	NET CARBS	PROTEIN
27g (65%)	6g (9%)	23g (26%)

2 cups grated cauliflower (about ½ medium head)
3 large eggs
1 cup shredded mozzarella cheese
½ cup grated Parmesan cheese
2 tsp onion powder
1 tbsp coconut oil

1 Line a large bowl with cheesecloth. Add the grated cauliflower to the bowl, then tightly squeeze the cheesecloth to expel as much water from the cauliflower as possible. Drain the bowl and add the grated cauliflower back to the bowl.

2 Add the eggs and mix until they're fully combined with the cauliflower. Add the mozzarella, Parmesan, and onion powder. Mix until the ingredients are well combined.

3 Add the coconut oil to a large frying pan placed over medium-high heat. Divide the hash brown mixture into 4 equal-sized portions, then carefully place each portion in the oil and use a spatula to gently flatten the hash browns. Cook for 5 minutes per side or until the hash browns are golden brown on both sides. Transfer to 4 meal prep containers.

Storage: Store in the fridge for up to 4 days or freeze any remaining portions for up to 1 month.

TIP

These hash browns are wonderful enjoyed on their own, but they also go great with eggs, steak, or any other breakfast fry.

AVOCADO AND EGG WRAPS

These savory wraps feature fluffy scrambled eggs and creamy avocado. They're simple to make, super satisfying, and ultra-portable. You can fill them with a variety of ingredients and be out the door in a flash.

Prep **10 minutes** | Cook **15 minutes**
Servings **6** | Serving size **1**

Nutrition per serving Fiber **4.6g** | Calories **493**

TOTAL FAT	NET CARBS	PROTEIN
41.9g (74%)	**3.2g (6%)**	**22.5g (20%)**

6 tsp chopped fresh chives
1 tbsp olive oil
18 large eggs, divided
2 tsp ground black pepper
6 tbsp butter
3 medium avocados
2 tsp paprika
2 tsp salt

1 Transfer the chopped chives to a small sealable container. Add a small amount of the olive oil to a medium nonstick frying pan placed over medium heat.

2 In a small bowl, whisk 1 egg and then pour the egg into the hot pan. Pick up the pan and rotate it in a circular motion to spread the egg around the entire surface of the pan. Cook for 1–2 minutes, then flip the wrap and cook for 30 additional seconds. Transfer the wrap to a plate and repeat the process with 5 additional eggs, adding a small amount of olive oil to the pan each time, until you have 6 wraps in total. Set the wraps aside to cool, then transfer to a sealable container and place in the fridge.

3 Combine the remaining eggs in a medium bowl. Add the black pepper and whisk until the eggs are smooth and creamy. Add the butter to a large frying pan placed over medium heat. When the butter is melted, add the whisked eggs to the pan and cook until the eggs are scrambled, stirring frequently. Set aside to cool, then transfer to a sealable container and place in the fridge.

4 In a separate medium bowl, combine the avocado, paprika, and salt. Mash the ingredients until they're smooth and well combined. Place in a sealable container and add just enough water to cover the surface of the avocado mash to prevent it from turning brown. Transfer the mash to the fridge.

5 When you're ready to serve, place a wrap on a flat surface and place 3 tablespoons of the scrambled egg and 1 tablespoon of the mashed avocado in the center of the wrap, and top with a sprinkle of the chopped chives. Fold the bottom section of the wrap upward, fold the sides inward, then roll to seal the wrap.

Storage: Store the ingredients separately in the fridge for up to 6 days.

TIP

You can substitute 6 pieces of bacon or 6 Cauliflower Hash Browns (see p62) for the scrambled eggs. You can also substitute sour cream for the avocado.

RASPB
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This simple tre
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2oz (60g) fresh
3 cups hot wa
½oz (15g) unf
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For the crea
¾ cup hea
½ tsp vani
4 drops l

CHICKEN KARAAGE

Chicken karaage is a Japanese dish traditionally served with mayonnaise. This keto-friendly version features a crispy, low-carb breading and a ... of sugar-free mayonnaise for dipping.

Prep **20 minutes** | Cook **20 minutes**
Servings **4** | Serving size **4 pieces with 1 tablespoon mayonnaise**

Nutrition per serving Fiber **0g** | Calories **471**

TOTAL FAT	NET CARBS	PROTEIN
34g (66%)	**2.5g (2%)**	**35g (32%)**

12.5oz (350g) skinless chicken thighs, deboned
¼ cup unflavored natural whey protein powder
½ cup coconut oil
4 tbsp sugar-free mayonnaise

For the marinade
1fl oz (30ml) cooking sake
1 tsp dried ground ginger
2 tbsp soy sauce or coconut aminos

1 Pat the chicken thighs dry with a paper towel, then slice ...m into 16 1-inch-wide (2.5cm) strips. Set aside.

2 In a medium bowl, make the marinade by whisking the sake, ginger, and soy sauce or coconut aminos. Transfer the chicken to the marinade and set aside for 10 minutes.

3 Place the protein powder in a separate medium bowl. Dredge the marinated chicken strips in the protein powder and transfer to a plate.

4 Add the coconut oil to a medium frying pan placed over medium-high heat. When the oil is hot, use tongs to very carefully place the chicken strips in the oil. Fry for 4 minutes, turning the strips every 30 seconds to ensure they don't burn. Cook until golden brown and crispy.

5 Divide the chicken equally between 4 meal prep containers and add 1 tablespoon of the mayonnaise to each container.

Storage: Store in the fridge for up to 4 days.

TIP

Use caution when frying the strips in the hot oil. Always use tongs to place the chicken in the oil, and place the chicken in the oil in a direction away from you, not toward you.

CHICKEN KARAAGE

Chicken karaage is a Japanese dish traditionally served with [illegible]se. This keto-friendly version features a crispy, low-carb breading and a side of sugar-free mayonnaise for dipping.

[illegible] | Cook **20 minutes**
[illegible]erving size **4 pieces**
[illegible]oon mayonnaise

[illegible]erving Fiber **0g** | Calories **471**

TOTAL FAT	NET CARBS	PROTEIN
34g (66%)	**2.5g (2%)**	**35g (32%)**

12.5oz (350g) skinless chicken thighs, deboned
¼ cup unflavored natural whey protein powder
½ cup coconut oil
4 tbsp sugar-free mayonnaise

For the marinade
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1 tsp dried ground ginger
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2 In a medium bowl, make the marinade by whisking the sake, ginger, and soy sauce or coconut aminos. Transfer the chicken to the marinade and set aside for 10 minutes.

3 Place the protein powder in a separate medium bowl. Dredge the marinated chicken strips in the protein powder and transfer to a plate.

4 Add the coconut oil to a medium frying pan placed over medium-high heat. When the oil is hot, use tongs to very carefully place the chicken strips in the oil. Fry for 4 minutes, turning the strips every 30 seconds to ensure they don't burn. Cook until golden brown and crispy.

5 Divide the chicken equally between 4 meal prep containers and add 1 tablespoon of the mayonnaise to each container.

Storage: Store in the fridge for up to 4 days.

TIP

Use caution when frying the strips in the hot oil. Always use tongs to place the chicken in the oil, and place the chicken in the oil in a direction away from you, not toward you.

471

OTEIN
(32%)

LOW-CARB WAFFLES

These waffles are a delicious treat for breakfast, or as an eat-on-the-go snack to satisfy that lingering sweet tooth!

Prep **10 minutes** | Cook **30 minutes**
Servings **6** | Serving size **½ waffle**

Nutrition per serving Fiber 4g | Calories **334**

TOTAL FAT	NET CARBS	PROTEIN
29g (74%)	**4g (10%)**	**9g (16%)**

- 2 cups almond flour
- 2 tsp baking powder
- ½ tsp xanthan gum
- 2 tbsp granular erythritol
- 2 large eggs
- ⅓ cup butter, melted
- 1 tsp vanilla extract
- 1 cup unsweetened almond milk
- 1 tbsp coconut oil, divided
- 6 large fresh strawberries, thinly sliced
- 6 tbsp sugar-free maple syrup (optional)

1 Preheat a waffle iron. In a medium bowl, combine the almond flour, baking powder, and xanthan gum. Stir to combine.

2 In a separate medium bowl, combine the erythritol and eggs. Use a hand mixer to combine the ingredients while slowly adding the melted butter.

3 Combine the dry ingredients with the wet ingredients, then add the vanilla extract. Slowly add the almond milk while stirring constantly until the batter is thick, but not watery.

4 Brush 1 teaspoon of the coconut oil onto the surface of the waffle iron, then pour the batter into the iron. Cook the waffles until golden brown, then repeat the process with the remaining batter. Cut the waffles in half and divide them between 6 meal prep containers.

5 When ready to serve, top each serving with 1 sliced strawberry and 1 tablespoon sugar-free maple syrup, if using.

Storage: Store in the fridge for up to 1 week.

TIP

If you can't find sugar-free maple syrup, you can top each serving with 1 tbsp butter, which will add 12g fat and 100 calories to each serving.

Cook **30 minutes**
size **½ waffle**

er **4g** | Calories **334**

BS
6)

PROTEIN
9g (16%)

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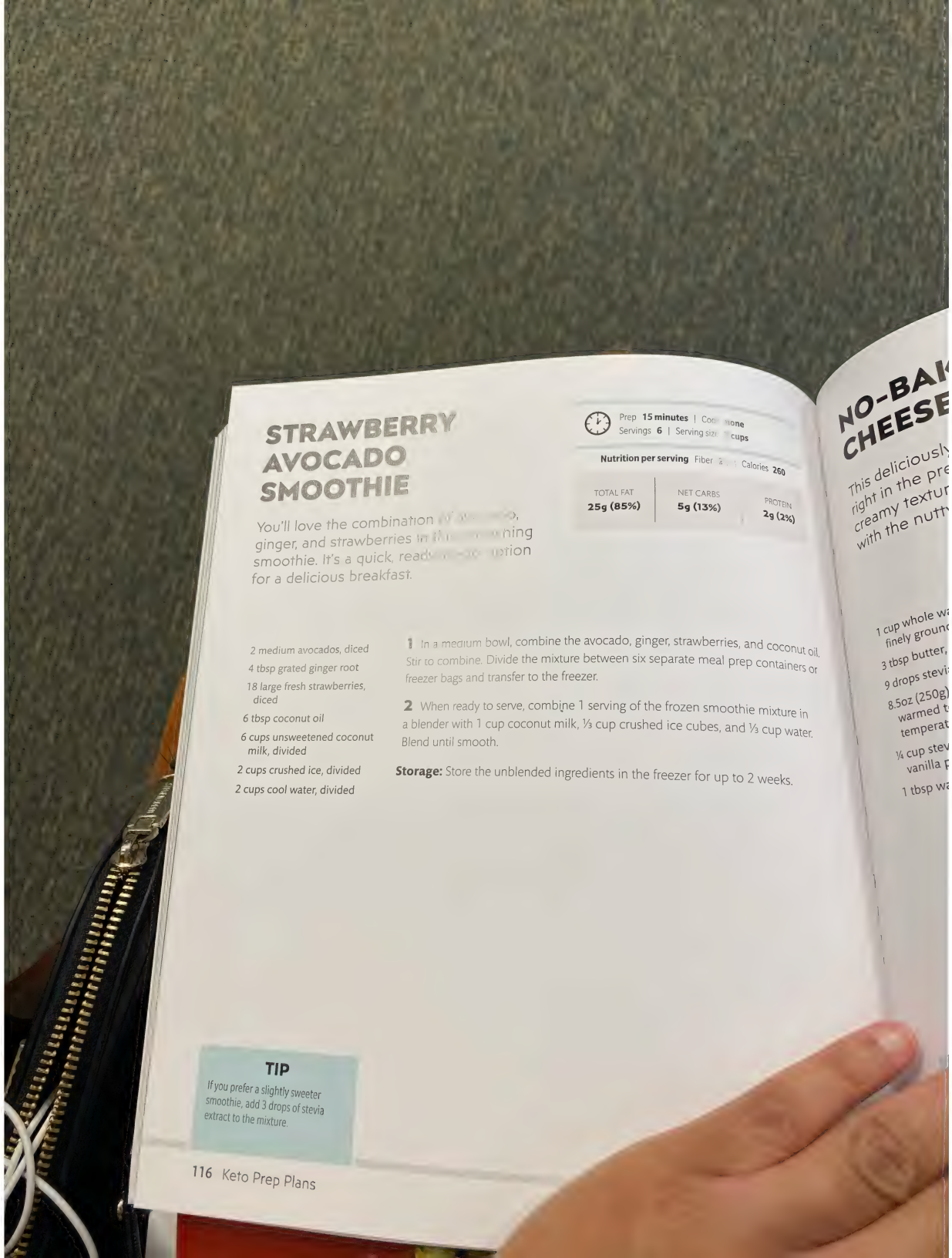

STRAWBERRY AVOCADO SMOOTHIE

You'll love the combination of avocado, ginger, and strawberries in this morning smoothie. It's a quick, ready-to-go option for a delicious breakfast.

Prep **15 minutes** | Cook **none**
Servings **6** | Serving size **1 cups**

Nutrition per serving Fiber 2 | Calories **260**

TOTAL FAT	NET CARBS	PROTEIN
25g (85%)	**5g (13%)**	**2g (2%)**

- *2 medium avocados, diced*
- *4 tbsp grated ginger root*
- *18 large fresh strawberries, diced*
- *6 tbsp coconut oil*
- *6 cups unsweetened coconut milk, divided*
- *2 cups crushed ice, divided*
- *2 cups cool water, divided*

1 In a medium bowl, combine the avocado, ginger, strawberries, and coconut oil. Stir to combine. Divide the mixture between six separate meal prep containers or freezer bags and transfer to the freezer.

2 When ready to serve, combine 1 serving of the frozen smoothie mixture in a blender with 1 cup coconut milk, ⅓ cup crushed ice cubes, and ⅓ cup water. Blend until smooth.

Storage: Store the unblended ingredients in the freezer for up to 2 weeks.

TIP

If you prefer a slightly sweeter smoothie, add 3 drops of stevia extract to the mixture.

NO-BAK
CHEESE

This deliciously
right in the pre
creamy textur
with the nutty

1 cup whole wa
finely ground
3 tbsp butter,
9 drops stevi
8.5oz (250g)
warmed t
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¼ cup stev
vanilla p
1 tbsp wa

BUFFALO RANCH CHICKEN SALAD

This satisfy[ing] salad combines spicy buffalo chicken a[nd] [cru]nchy veggies with zesty blue chees[e] [an]d a creamy ranch dressing. You'll find yourself craving this one!

Prep **15 minutes** | Cook **20 minutes**
Servings **4** | Serving size **1**

Nutrition per serving Fiber **1g** | Calories **475**

TOTAL FAT	NET CARBS	PROTEIN
35g (66%)	**2g (3%)**	**35g (31%)**

1lb (450g) skinless chicken thighs, deboned
1 tbsp coconut oil
1 tsp salt
1 tsp black pepper
¼ cup butter
¼ cup hot sauce (I prefer Franks® RedHot brand)
2 cups chopped iceberg lettuce
4 medium stalks celery, trimmed and chopped
2oz (60g) crumbled blue cheese

For the dressing

3 tbsp avocado oil mayonnaise
1 tbsp sour cream
1 tsp chopped fresh dill
1 clove garlic, crushed
½ tsp dried parsley

1 Chop the chicken thighs into large chunks, yielding approximately 6–8 chunks per thigh, depending on the size of the thighs.

2 Add the coconut oil to a large frying pan, placed over medium-high heat. When the oil is hot, add the chicken and season with the salt and pepper. Cook for 8–10 minutes, stirring occasionally, until the chicken is browned, then add the butter and hot sauce to the pan and stir until the butter is melted and the ingredients are well combined. Remove the pan from the heat.

3 Make the ranch dressing by combining the mayonnaise, sour cream, dill, garlic, and parsley. Stir well to combine, then transfer the dressing to an airtight container and place the container in the fridge.

4 In a medium bowl, make the salad by combining the lettuce, celery, and blue cheese. Mix well to combine, then equally divide the mixture between one end of each of 4 meal prep containers. Add the buffalo chicken to the opposite ends of the containers, seal, and transfer the containers to the fridge.

5 When you're ready to serve, add 1½ tablespoons of the dressing to the container and toss the ingredients to combine.

Storage: Store in the fridge for up to 4 days or freeze the chicken for up to 2 weeks (the salad components should be made fresh).

TIP

If you don't have hot sauce, you can make your own by whisking together 1 floz (30ml) white vinegar, 1 tsp cayenne pepper, ½ tsp salt, 2 tbsp extra virgin olive oil, ¼ tsp paprika, and ¼ tsp garlic powder.

RANCH SALAD

combines spicy buffalo veggies with zesty eamy ranch dressing. aving this one!

Prep 15 minutes | Cook **20 minutes**
Servings **4** | Serving size **1**

Nutrition per serving Fiber **1g** | Calories **475**

TOTAL FAT	NET CARBS	PROTEIN
35g (66%)	**2g (3%)**	**35g (31%)**

1 Chop the chicken thighs into large chunks, yielding approximately 6–8 chunks per thigh, depending on the size of the thighs.

2 Add the coconut oil to a large frying pan placed over medium-high heat. When the oil is hot, add the chicken and season with the salt and pepper. Cook for 8–10 minutes, stirring occasionally, until the chicken is browned, then add the butter and hot sauce to the pan and stir until the butter is melted and the ingredients are well combined. Remove the pan from the heat.

3 Make the ranch dressing by combining the mayonnaise, sour cream, dill, garlic, and parsley. Stir well to combine, then transfer the dressing to an airtight container and place the container in the fridge.

4 In a medium bowl, make the salad by combining the lettuce, celery, and blue cheese. Mix well to combine, then equally divide the mixture between one end of each of 4 meal prep containers. Add the buffalo chicken to the opposite ends of the containers, seal, and transfer the containers to the fridge.

5 ou're ready to serve, add 1½ tablespoons of the dressing to the

CHOCOLATE MASON JAR ICE CREAM

Who would have thought that healthy keto ice cream could be so easy to make? This simple recipe is quick to prepare and an absolutely delicious sweet treat!

Prep **15 minutes** | Chill **4 hours**
Servings **6** | Serving size **¼ cup**

Nutrition per serving Fiber **0g** | Calories **200**

TOTAL FAT	NET CARBS	PROTEIN
21.5g (93%)	**1.5g (3%)**	**2g (4%)**

- 1½ cups heavy whipping cream
- 2 tbsp confectioners' (powdered) erythritol or ¼ tsp stevia extract
- 1 tsp vanilla extract
- 1 tbsp unsweetened cocoa powder

1 Combine all ingredients in a medium mason jar, seal tightly, and shake vigorously until the cream becomes thick and the ingredients are well combined.

2 Transfer the jar to the freezer and allow the ice cream to set for a minimum of 4 hours (each jar contains six ¼ cup servings).

Storage: Store in the freezer for up to 1 week.

TIP

For **peppermint chocolate chip ice cream**, omit the cocoa powder and add ¼ cup stevia-sweetened chocolate chips and ½ tsp peppermint extract.

Classic Pancakes

GLUTEN-FREE, SOY-FREE, VEGETARIAN

Serves 4 | **PREP TIME:** 5 minutes | **COOK TIME:** 15 minutes

There's something so nostalgic and comforting about pancakes. The only problem is that most are about as nutritious as a pastry—just simple starches that send you on a blood sugar roller coaster. These protein-rich pancakes have staying power and will keep you satisfied long after breakfast has ended. Top them with a handful of smashed fresh berries or a tablespoon of peanut butter.

- 3 large eggs
- 1 cup almond flour
- ½ cup whole milk
- 6 tablespoons melted butter, divided
- 2 tablespoons coconut flour
- 1 teaspoon pure vanilla extract
- ½ teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon sea salt

PER SERVING
Calories: 345;
Fat: 30g;
Saturated Fat: 13g;
Sodium: 348mg;
Total Carbohydrates: 11g;
Net Carbohydrates: 6g;
Fiber: 5g;
Sugar: 2g;
Protein: 10g

1. Put the eggs, almond flour, milk, 4 tablespoons of melted butter, the coconut flour, vanilla, cinnamon, baking soda, and salt in a blender, and blend until smooth, scraping down the sides as needed.
2. Heat a large nonstick skillet or griddle over medium heat until hot, then brush with some of the remaining 2 tablespoons of melted butter.
3. Pour some of the pancake batter into the skillet to make pancakes the size you want. Cook for 2 minutes, or until the sides of each pancake begin to set and small bubbles appear in the center of each.
4. Flip the pancakes, and cook on the other side for about 2 minutes. Transfer to a serving plate.
5. Repeat with the remaining batter, using the remaining melted butter to grease the pan as needed.

Classic Pancakes

GLUTEN-FREE, SOY-FREE, VEGETARIAN

Serves 4 | PREP TIME: 5 minutes | COOK TIME: 15 minutes

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½ teaspoon sea salt

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Sodium: 348mg;
Total Carbohydrates: 11g;
Net Carbohydrates: 6g;
Fiber: 5g;
Sugar: 2g;
Protein: 10g

1. Put the eggs, almond flour, milk, 4 tablespoons of melted butter, the coconut flour, vanilla, cinnamon, baking soda, and salt in a blender, and blend until smooth, scraping down the sides as needed.
2. Heat a large nonstick skillet or griddle over medium heat until hot, then brush with some of the remaining 2 tablespoons of melted butter.
3. Pour some of the pancake batter into the skillet to make pancakes the size you want. Cook for 2 minutes, or until the sides of each pancake begin to set and small bubbles appear in the center of each.
4. Flip the pancakes, and cook on the other side for about 2 minutes. Transfer to a serving plate.
5. Repeat with the remaining batter, using the remaining melted butter to grease the pan as needed.

MOZZARELLA CRUST PIZZA

SERVES 2 / PREP TIME: 5 MINUTES / COOK TIME: 15 MINUTES

Consider your pizza cravings gone, with this fat-centric pizza where the mozzarella crisps on the bottom and can be cut (and held) like a real pizza. Plus, you'll still get all that classic pizza flavor you crave.

2 cups shredded organic mozzarella cheese
1 teaspoon garlic powder
1 teaspoon plus a pinch pizza seasoning, divided
½ cup tomato sauce
Grated organic Parmesan cheese

1. Preheat the oven to 400°F.
2. Line a rimmed baking sheet with parchment paper (don't use aluminum foil). Arrange the mozzarella on the sheet in an even layer to form a large rectangle with no holes. Sprinkle the garlic powder and a pinch of pizza seasoning over the cheese. Bake until the cheese is melted and browned all around the edges, 12 to 15 minutes.
3. Remove the baking sheet from the oven and set aside to cool for 3 minutes.
4. Spread the tomato sauce over the top of the crust, and then sprinkle it with the Parmesan cheese and the remaining 1 teaspoon of pizza seasoning. Return the pizza to the oven for about 1 minute. Slice and serve hot.

RECIPE TIP You can use this basic recipe to make any kind of pizza you like. I love to add sausage and banana peppers and place it under the broiler for a few extra minutes, watching carefully so it doesn't burn.

PER SERVING: CALORIES: 324; TOTAL FAT: 20G; SATURATED FAT: 12G; PROTEIN: 33G; CHOLESTEROL: 60MG; CARBOHYDRATES: 4G; FIBER: 1G; **NET CARBS: 3G**

FAT: 55% / CARBS: 4% / PROTEIN: 41%

MOZZARELLA CRUST PIZZA

SERVES 2 / PREP TIME: 5 MINUTES / COOK TIME: 15 MINUTES

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1 teaspoon garlic powder
1 teaspoon plus a pinch pizza seasoning, divided
½ cup tomato sauce
Grated organic Parmesan cheese

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3. Remove the baking sheet from the oven and set aside to cool for 3 minutes.
4. Spread the tomato sauce over the top of the crust, and then sprinkle it with the Parmesan cheese and the remaining 1 teaspoon of pizza seasoning. Return the pizza to the oven for about 1 minute. Slice and serve hot.

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FAT: 55% / CARBS: 4% / PROTEIN: 41%

BACON-RANCH BROCCOLI BITES

SERVES 4 / PREP TIME: 10 MINUTES / COOK TIME: 45 MINUTES

Before keto I wasn't a broccoli eater, unless it was raw and smothered in vegetable dip. Now I can't get enough. My husband and I tried different combinations for steamed broccoli, and this salty and savory edition is a favorite.

- 8 ounces uncured center-cut bacon
- ¾ cup organic sour cream
- 2 tablespoons mayonnaise
- 2 tablespoons Tangy Ranch Rub (page 219)
- 4 cups broccoli florets
- 1 cup shredded organic Cheddar cheese

1. Preheat the oven to 400°F.
2. Line a rimmed baking sheet with parchment paper.
3. Lay out the bacon strips evenly on the sheet. Bake the bacon to your desired crispiness, 15 to 20 minutes (no need to flip the bacon midbake). Set the bacon aside.
4. In a small bowl, mix together the sour cream, mayonnaise, and rub.
5. Put the broccoli in a large baking dish. Pour the sour cream mixture over the florets and top with the Cheddar cheese. Bake for 30 minutes.
6. Crumble the bacon over the broccoli and cheese and serve.

PER SERVING: CALORIES: 312; TOTAL FAT: 26G; SATURATED FAT: 14G; PROTEIN: 18G; CHOLESTEROL: 68MG; CARBOHYDRATES: 6G; FIBER: 2G; **NET CARBS: 4G**

FAT: 73% / CARBS: 4% / PROTEIN: 23%

BAKED ZOODLES AND CHEESE

SERVES 6 / PREP TIME: 30 MINUTES / COOK TIME: 45 MINUTES

It's no surprise I ended up a chubby adult when the first food I cooked (and ate all of) was boxed mac and cheese. And that's how I feel about this recipe—but you can share if you want.

Golden Ghee (page 224)
1½ tablespoons sea salt
6 large, thick zucchini, spiralized
4 large free-range eggs
¾ cup unsweetened almond milk
4 tablespoons salted grass-fed butter, at room temperature
¼ cup organic heavy (whipping) cream
¼ teaspoon garlic powder
4 cups grated organic Cheddar cheese
2 cups grated organic Monterey Jack cheese

1. Preheat the oven to 350°F.
2. Grease a 10-inch pie dish with ghee.
3. In a large bowl, salt the zucchini to extract excess water. After 15 minutes, drain the zucchini noodles and dry them with a paper towel. Set aside on a dry paper towel to continue drying.
4. In a small bowl, whisk together the eggs, almond milk, butter, heavy cream, and garlic powder.
5. Layer the zucchini noodles in the pie dish. Cover them with the Cheddar and Monterey Jack cheeses, trying to mix them throughout the noodles. Pour the egg mixture over the noodles.
6. Bake until firm, 35 to 45 minutes. Cut into wedges and serve.

PER SERVING: CALORIES: 655; TOTAL FAT: 54G; SATURATED FAT: 33G; PROTEIN: 35G; CHOLESTEROL: 274MG; CARBOHYDRATES: 8G; FIBER: 2G; **NET CARBS: 6G**

FAT: 74% / CARBS: 5% / PROTEIN: 21%

STRAWBERRIES AND CREAM CAKE

SERVES 1 / PREP TIME: 10 MINUTES / COOK TIME: 4 MINUTES

This sweet, creamy cake filled with hot, plump strawberries brings me back to those mornings when I snagged the only two packets of strawberries and cream oatmeal in the box.

2 large free-range eggs

¼ cup Sugar-Free Vanilla Bean Sweetener (page 196)

2 tablespoons Golden Ghee (page 224), melted but not hot

2 tablespoons organic cream cheese, at room temperature

¼ cup almond flour

4 strawberries, hulled and cut into chunks

¼ cup Whipped Cream (page 197)

1. In a single-serving blender, blend the eggs, sweetener, ghee, and cream cheese until well mixed. Scrape the mixture into a small microwave-safe bowl or mug.
2. Stir in the almond flour, then stir in the strawberries.
3. Microwave the batter on high for 4 minutes. Let the cake cool for a minute, then top it with the whipped cream.

PER SERVING: CALORIES: 719; TOTAL FAT: 67G; SATURATED FAT: 31G; PROTEIN: 15G; CHOLESTEROL: 456MG; CARBOHYDRATES: 10G; FIBER: 4G; **NET CARBS: 6G**

FAT: 84% / CARBS: 5% / PROTEIN: 11%

Orange Cream SHAKE

Prep Time: 5 minutes

Yield: 4 servings

1 (8-ounce) package cream cheese

1¼ cups unsweetened (unflavored or vanilla) almond milk, store-bought or homemade (page 131) (or unsweetened [unflavored or vanilla] hemp milk for nut-free)

¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37)

1 teaspoon vanilla extract, or seeds scraped from 1 vanilla bean (about 6 inches long)

1 teaspoon orange extract

1 cup crushed ice

HEALTHY ADD-INS (OPTIONAL):

1 tablespoon pure aloe vera juice

1 tablespoon l-glutamine powder

1 tablespoon grass-fed powdered gelatin (omit for vegetarian)

This is my go-to quick breakfa
recipe even simpler, I do mo
below).

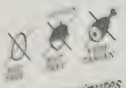
This keto-friendly smoot
great way to sneak in some
ents, such as aloe vera and l-
lining. I also add l-glutami
help repair my muscles fast
growth, joint pain, or other
cially when you don't want
(page 132).

Place all the ingredients in

TIP:

I make this drink while I'm
out the crushed ice. I store
and when I'm ready to serv
and pulse until smooth.

Orange Cream SHAKE



Prep Time: 5 minutes

Yield: 4 servings

1 (8-ounce) package cream cheese

1¼ cups unsweetened (unflavored or vanilla) almond milk, store-bought or homemade (page 131) (or unsweetened [unflavored or vanilla] hemp milk for nut-free)

¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37)

1 teaspoon vanilla extract, or seeds scraped from 1 vanilla bean (about 6 inches long)

1 teaspoon orange extract

1 cup crushed ice

HEALTHY ADD-INS (OPTIONAL):

1 tablespoon pure aloe vera juice

1 tablespoon l-glutamine powder

1 tablespoon grass-fed powdered gelatin (omit for pescetarian)

This is my go-to quick breakfast. To make an already simple breakfast recipe even simpler, I do most of the work the night before (see Tip below).

This keto-friendly smoothie inspired by Orange Julius is also a great way to sneak in some immune-boosting and gut-healing nutrients, such as aloe vera and l-glutamine, which help heal the intestinal lining. I also add l-glutamine to my drink after a hard workout to help repair my muscles faster. Adding gelatin helps with hair and nail growth, joint pain, or other ailments you may be suffering from, especially when you don't want to drink a glass of homemade bone broth (page 132).

Place all the ingredients in a blender and blend until smooth.

TIP:

I make this drink while I'm cleaning up the kitchen after dinner but leave out the crushed ice. I store it in the blender jar in the fridge overnight, and when I'm ready to serve it the next morning, I add the crushed ice and pulse until smooth.

1 cup crushed ice

HEALTHY ADD-INS (OPTIONAL):

1 tablespoon pure aloe vera juice

1 tablespoon l-glutamine powder

1 tablespoon grass-fed powdered gelatin (omit for vegetarian)

KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
215	20.6g	4.6g	2.1g	0g
	87%	9%	4%	

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ke convenient single-
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ntil smooth.

e or more double
rving to-go cups.
time you're hungry,

Dairy-Free

CHOCOLATE SHAKE

Prep Time: 5 minutes
Yield: 4 servings

¼ cup plus 2 tablespoons coconut oil (or unsalted butter if not dairy-sensitive)

¼ cup MCT oil, avocado oil, or macadamia nut oil

2 cups water or unsweetened (unflavored or vanilla) hemp milk (or unsweetened [unflavored or vanilla] almond milk, store-bought or homemade, page 131, if not nut-sensitive)

4 whole large eggs plus 4 large egg yolks (or 4 ounces/½ cup cream cheese if not dairy-sensitive)

¼ cup unsweetened cocoa powder

1 teaspoon vanilla extract, or seeds scraped from 1 vanilla bean (about 6 inches long)

¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37), or to desired sweetness

¼ teaspoon fine sea salt

2 to 4 cups crushed ice, for serving

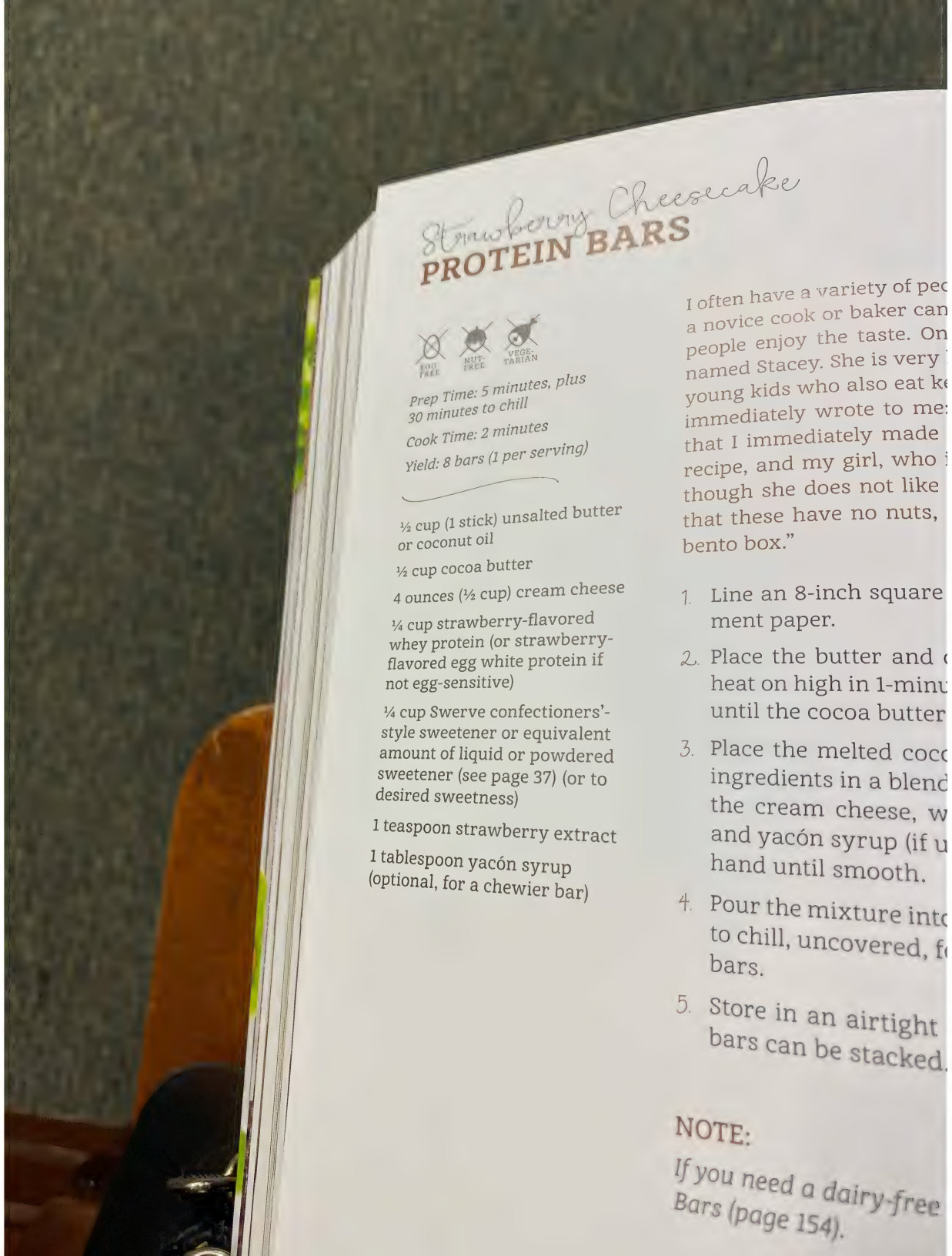
It's easy to use this basic recipe to create different flavored shakes. Simply omit the cocoa powder and replace the vanilla extract with another extract, like mint, banana, or strawberry. You can also make convenient single-serving portions for busy mornings (see Tip below).

Place all the ingredients, except the ice, in a blender and blend until smooth. Store in the fridge until ready to consume (it will thicken when stored overnight). Add ½ to 1 cup crushed ice to each glass just before serving.

TIP:

Make on-the-go servings for one or more! Prepare one or more double batches and store the extra in the freezer in single-serving to-go cups. Grab one on your way to work or school, and by the time you're hungry, the drink will be thawed.

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
664	70.6g	8.2g	1.2g	0g
	94%	5%	1%	



Strawberry Cheesecake PROTEIN BARS

EGG-FREE · NUT-FREE · VEGETARIAN

Prep Time: 5 minutes, plus 30 minutes to chill

Cook Time: 2 minutes

Yield: 8 bars (1 per serving)

½ cup (1 stick) unsalted butter or coconut oil

½ cup cocoa butter

4 ounces (½ cup) cream cheese

¼ cup strawberry-flavored whey protein (or strawberry-flavored egg white protein if not egg-sensitive)

¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37) (or to desired sweetness)

1 teaspoon strawberry extract

1 tablespoon yacón syrup (optional, for a chewier bar)

I often have a variety of pec
a novice cook or baker can
people enjoy the taste. On
named Stacey. She is very
young kids who also eat ke
immediately wrote to me:
that I immediately made
recipe, and my girl, who
though she does not like
that these have no nuts,
bento box."

1. Line an 8-inch square
ment paper.
2. Place the butter and
heat on high in 1-minu
until the cocoa butter
3. Place the melted coc
ingredients in a blend
the cream cheese, w
and yacón syrup (if u
hand until smooth.
4. Pour the mixture int
to chill, uncovered, f
bars.
5. Store in an airtight
bars can be stacked.

NOTE:

If you need a dairy-free
Bars (page 154).

Strawberry Cheesecake

PROTEIN BARS

Prep Time: 5 minutes, plus 30 minutes to chill
Cook Time: 2 minutes
Yield: 8 bars (1 per serving)

½ cup (1 stick) unsalted butter or coconut oil

½ cup cocoa butter

4 ounces (½ cup) cream cheese

¼ cup strawberry-flavored whey protein (or strawberry-flavored egg white protein if not egg-sensitive)

¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37) (or to desired sweetness)

1 teaspoon strawberry extract

1 tablespoon yacón syrup (optional, for a chewier bar)

I often have a variety of people test my recipes to make sure that even a novice cook or baker can tackle them, as well as to make sure that people enjoy the taste. One of my favorite recipe testers is a client named Stacey. She is very honest with her feedback, and she has two young kids who also eat keto. After she tested these protein bars, she immediately wrote to me: "The nonrefrigerated batter was so good that I immediately made another batch. My keto kid just loves this recipe, and my girl, who is very hard to impress, also loved it, even though she does not like store-bought protein bars. The best part is that these have no nuts, so my son can bring them to school in his bento box."

1. Line an 8-inch square glass dish or storage container with parchment paper.
2. Place the butter and cocoa butter in a microwave-safe bowl and heat on high in 1-minute increments, stirring after each increment, until the cocoa butter is totally melted, about 2 minutes total.
3. Place the melted cocoa butter mixture along with the rest of the ingredients in a blender and puree until smooth. Alternatively, stir the cream cheese, whey protein, sweetener, strawberry extract, and yacón syrup (if using) into the melted cocoa butter mixture by hand until smooth.
4. Pour the mixture into the lined dish or container. Place in the fridge to chill, uncovered, for about 30 minutes. Cut into eight 2-by-4-inch bars.
5. Store in an airtight container in the fridge for up to 2 weeks. The bars can be stacked.

NOTE:

If you need a dairy-free bar, try the Dairy-Free Milk Chocolate Protein Bars (page 154).

ONAL INFO (per serving)

protein	carbs	fiber
2.7g	0.7g	0g
3%	1%	

fast

Cream of

CEREAL

DAIRY-FREE

VEGETARIAN

Prep Time: 2 minutes
Cook Time: 4 minutes
Yield: 1 serving

2 large eggs

⅓ cup full-fat coconut m
(or heavy cream if not
sensitive)

2 tablespoons Swerve
confectioners'-style sw
or equivalent amount
or powdered sweetene
page 37)

1 teaspoon maple extr

⅛ teaspoon fine sea s

1 tablespoon coconut
unsalted butter if no
sensitive)

SAUCE:

2 tablespoons cocon
unsalted butter if n
sensitive)

2 tablespoons Swe
confectioners'-sty
or equivalent amo
or powdered swe
page 37)

1 teaspoon maple

⅛ teaspoon fine

bars ea

NOTE:

If you need a dairy-free Bars (page 154).

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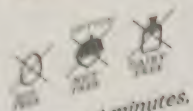
KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
280	30.6g	2.7g	0.7g	0g
	97%	3%	1%	

Chocolate BREAKFAST CUSTARD



Prep Time: 4 minutes, plus 1 hour to set

Cook Time: 1 to 3 minutes, depending on method

Yield: 4 servings

2 cups full-fat coconut milk (or heavy cream if not dairy-sensitive), divided

1 tablespoon grass-fed powdered gelatin

1 cup unsweetened (unflavored or vanilla) almond milk, store-bought or homemade (page 131) (or unsweetened [unflavored or vanilla] hemp milk if nut-free)

½ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37)

½ cup unsweetened cocoa powder

1 teaspoon vanilla extract, or seeds scraped from 1 vanilla bean (about 6 inches long)

⅛ teaspoon fine sea salt

I suggest preparing this custard the breakfast on the go!

1. Pour ¼ cup of the coconut milk tin over the milk and let it softe ingredients.
2. Heat the almond milk and rem a saucepan over medium heat natively, heat the almond and container in the microwave fo
3. Whisk the sweetener and coco gelatin mixture. Stir until wel
4. Pour the hot coconut milk in constantly. Add the vanilla e four 4-ounce serving cups.
5. Place in the refrigerator for not chilled. It is best served a cold. Store extras in an airt wrap in the fridge for up t month. If frozen, thaw at ro

BREAKFAST CUSTARD

I suggest preparing this custard the night before so you have an easy breakfast on the go!

Prep Time: 3 minutes, plus 1 hour to set
Cook Time: 3 to 5 minutes, depending on method
Yield: 4 servings

2 cups full-fat coconut milk (or heavy cream if not dairy-sensitive), divided
1 tablespoon grass-fed powdered gelatin
1 cup unsweetened (unflavored or vanilla) almond milk, store-bought or homemade (page 131) (or unsweetened [unflavored or vanilla] hemp milk if nut-free)
⅓ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37)
cup unsweetened cocoa wder
spoon vanilla extract, or scraped from 1 vanilla (about 6 inches long)
oon fine sea salt

1. Pour ¼ cup of the coconut milk into a medium bowl. Sift the gelatin over the milk and let it soften while you prepare the rest of the ingredients.
2. Heat the almond milk and remaining 1¾ cups of coconut milk in a saucepan over medium heat for a few minutes, until hot. Alternatively, heat the almond and coconut milk in a microwave-safe container in the microwave for 1 minute.
3. Whisk the sweetener and cocoa powder into the cool coconut milk-gelatin mixture. Stir until well combined.
4. Pour the hot coconut milk into the gelatin mixture while stirring constantly. Add the vanilla extract and salt. Pour the custard into four 4-ounce serving cups.
5. Place in the refrigerator for 1 hour, or until the custard is set but not chilled. It is best served at room temperature but can be served cold. Store extras in an airtight container or covered with plastic wrap in the fridge for up to 4 days or in the freezer for up to a month. If frozen, thaw at room temperature before serving.

bought ...
for unsweetene...
vanilla] hemp milk ...

¼ cup Swerve confectioners-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37)

¼ cup unsweetened cocoa powder

1 teaspoon vanilla extract, or seeds scraped from 1 vanilla bean (about 6 inches long)

¼ teaspoon fine sea salt

M
L H
KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
474	50.3g	3.7g	4.3g	0g
	94%	3%	3%	

ST CUSTARD

I suggest preparing this custard the night before so you have an easy breakfast on the go!

1. Pour ¼ cup of the coconut milk into a medium bowl. Sift the gelatin over the milk and let it soften while you prepare the rest of the ingredients.
2. Heat the almond milk and remaining 1¾ cups of coconut milk in a saucepan over medium heat for a few minutes, until hot. Alternatively, heat the almond and coconut milk in a microwave-safe container in the microwave for 1 minute.
3. Whisk the sweetener and cocoa powder into the cool coconut milk-gelatin mixture. Stir until well combined.
4. Pour the hot coconut milk into the gelatin mixture while stirring constantly. Add the vanilla extract and salt. Pour the custard into four 4-ounce serving cups.

Place in the refrigerator for 1 hour, or until the custard is set but not chilled. It is best served at room temperature but can be served cold. Store extras in an airtight container or covered with plastic wrap in the fridge for up to 4 days or in the freezer for up to a month. If frozen, thaw at room temperature before serving.

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Pizza MUFFINS

Prep Time: 15 minutes
Cook Time: 15 minutes
Yield: 12 regular-size or 24 mini muffins (1 regular-size/2 mini muffins per serving)

7 large eggs

1 cup sour cream

1 tablespoon dried oregano leaves

½ teaspoon baking powder

½ teaspoon fine sea salt

6 ounces mozzarella cheese, shredded

3 tablespoons grated Parmesan cheese

¼ cup chopped onions

¼ teaspoon finely chopped garlic

ADD-INS (OPTIONAL):

¼ to ½ cup sliced olives

¼ cup diced green peppers

¼ cup sliced mushrooms

½ cup chopped or crumbled precooked Italian sausage (omit for vegetarian)

Pizza Spice Mix (page 111), for garnish (optional)

Marinara sauce, warmed, for serving (optional)

I love making these muffins because my kids can c
toppings they prefer to add to their muffins. Fun ar

1. Preheat the oven to 350°F. Grease a 24-well m
12-well muffin pan.
2. Beat the eggs in a large mixing bowl. In anothe
sour cream, oregano, baking powder, and sa
cream mixture to the bowl with the eggs. Ble
until well combined.
3. Add the mozzarella, Parmesan, onions, garli
your choice. Stir with a spoon until well con
4. Pour the batter into the greased muffin c
two-thirds full. Sprinkle with Pizza Spice M
5. Bake until puffy and lightly browned, 10
muffins, 12 to 15 minutes for regular-sized
done when a knife inserted in the center c
cool slightly in the pan, then transfer to a
6. Serve with marinara sauce either spoor
for dipping, if desired. Store extras in ar
fridge for up to 3 days. Reheat leftovers
utes or in the microwave for 30 seconds

TIP:

Prepare the batter the night before (or up to
store in the fridge. The next morning, fill the
described above and pop the pan in the ove
taste great as leftovers. Who doesn't love le

VEGE-TARIAN OPTION

These muffins are a great option
for a vegetarian meal! Simply
replace the sausage with anothe
vegetarian add-in of your choice

MUFFINS

I love making these muffins because my kids can choose which pizza toppings they prefer to add to their muffins. Fun and individualized.

Prep Time: 10 minutes
Cook Time: 30 minutes
Yield: 12 regular-size or 24 mini muffins (2 regular-size or 4 mini muffins per serving)

- 2 large eggs
- 1 cup sour cream
- 1 tablespoon dried oregano leaves
- ½ teaspoon baking powder
- ½ teaspoon fine sea salt
- 6 ounces mozzarella cheese, shredded
- 3 tablespoons grated Parmesan cheese
- ¼ cup chopped onions
- ½ teaspoon finely chopped garlic

ADD-INS (OPTIONAL):

- to ½ cup sliced olives
- cup diced green peppers
- up sliced mushrooms
- p chopped or crumbled ooked Italian sausage for vegetarian)

pice Mix (page 111), for (optional)

sauce, warmed, for ptional)

1. Preheat the oven to 350°F. Grease a 24-well mini muffin pan or a 12-well muffin pan.
2. Beat the eggs in a large mixing bowl. In another bowl, combine the sour cream, oregano, baking powder, and salt, then add the sour cream mixture to the bowl with the eggs. Blend with a hand mixer until well combined.
3. Add the mozzarella, Parmesan, onions, garlic, and pizza add-ins of your choice. Stir with a spoon until well combined.
4. Pour the batter into the greased muffin cups, filling each about two-thirds full. Sprinkle with Pizza Spice Mix, if desired.
5. Bake until puffy and lightly browned, 10 to 12 minutes for mini muffins, 12 to 15 minutes for regular-sized muffins. The muffins are done when a knife inserted in the center comes out clean. Allow to cool slightly in the pan, then transfer to a serving platter.
6. Serve with marinara sauce either spooned on top or on the side for dipping, if desired. Store extras in an airtight container in the fridge for up to 3 days. Reheat leftovers in a 350°F oven for 3 minutes or in the microwave for 30 seconds, or until heated through.

TIP:

Prepare the batter the night before (or up to 3 days before baking) and store in the fridge. The next morning, fill the greased muffin cups as described above and pop the pan in the oven. The baked muffins also taste great as leftovers. Who doesn't love leftover pizza for breakfast?

VEGE-TARIAN OPTION

These muffins are a great option for a vegetarian meal! Simply replace the sausage with another vegetarian add-in of your choice.

INFO (per serving)

¼ teasp
garlic

ADD-INS (OPTIONAL):

¼ to ½ cup sliced olives
¼ cup diced green peppers
¼ cup sliced mushrooms
½ cup chopped or crumbled precooked Italian sausage (omit for vegetarian)

Pizza Spice Mix (page 111), for garnish (optional)

Marinara sauce, warmed, for serving (optional)

Prepare the
store in the fridge. The
described above and pc
taste great as leftovers.

VEGE-TARIAN OPTION

These muffin
for a vegetar
replace the s
vegetarian a

KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
256	19.3g	17.4g	4.4g	0g
	67%	27%	7%	

se my kids can choose what's going
muffins. Fun and individualized.

e a 24-well mini muffin pan or a

vl. In another bowl, combine the
der, and salt, then add the sour
eggs. Blend with a hand mixer

ns, garlic, and pizza add-ins of
ell combined.

ffin cups, filling each about
ice Mix, if desired.

10 to 12 minutes for mini
ed muffins. The muffins are
comes out clean. Allow to
a serving platter.

ed on top or on the side
airtight container in the
a 350°F oven for 3 min-
until heated through.

before baking) and
d muffin cups as
ıked muffins also
za for breakfast?

BREAKFAST BAKE

Prep Time: 8 minutes
Cook Time: 37 minutes
Yield: 6 servings

2 tablespoons unsalted butter
½ pound 80% lean ground beef
½ cup chopped onions
2 tablespoons Taco Seasoning (page 110)
¼ cup tomato sauce
8 large eggs, beaten
¼ cup beef bone broth, store-bought or homemade (page 132)
¾ cup shredded Monterey Jack or sharp cheddar cheese (about 3 ounces)
1 ounce (2 tablespoons) cream cheese
1 teaspoon finely chopped garlic, or cloves from ½ head roasted garlic (page 134)
½ cup chopped fresh cilantro
1 teaspoon fine sea salt
½ teaspoon fresh ground black pepper
Sliced fresh chives and/or chopped fresh cilantro, for garnish (optional)
Marinara sauce, warmed, for serving (optional)

1. Preheat the oven to 350°F.
2. In large oven-safe skillet, heat the butter over medium heat. Add the ground beef, onions, and taco seasoning and cook until the beef is cooked all the way through and the onions are translucent, about 7 minutes. Add the tomato sauce and stir well to combine.
3. In large bowl, mix together the eggs, broth, cheeses, garlic, cilantro, salt, and pepper.
4. Add the egg mixture to the beef mixture and stir to combine. Cook over medium heat for 3 minutes, until the eggs are just slightly set, stirring continuously.
5. Place the skillet in the oven and bake for 27 minutes, or until the eggs are cooked through in the center. Remove from the oven and let rest for 3 minutes, then slice and serve. If desired, garnish with fresh chives and/or cilantro and serve with marinara sauce. Store leftovers in an airtight container in the fridge for up to 3 days. Reheat in a 350°F oven for 3 minutes or in the microwave for 30 seconds, or until heated through.

VARIATION: TACO BREAKFAST MUFFINS.

To shorten the cooking time, bake as individual muffins. Grease a 12-well muffin pan and follow the recipe as written through Step 4. Then transfer the mixture to the greased muffin cups, filling each about two-thirds full. Bake for 10 to 13 minutes, until golden and puffed. Allow to cool slightly in the pan, then transfer the muffins to a serving platter and serve warm. Makes 12 muffins (2 per serving).

TIP:

I brown the ground beef, combine the ingredients, and place them in the skillet the night before. In the morning, all I have to do is pop the skillet in the oven for an easy breakfast or brunch. This dish makes great leftovers, too!

M
L H
KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
301	22.4g	21.8g	2.5g	0g
	68%	29%	3%	

8 large eggs

¼ cup beef bone broth, bought or homemade (page 132)

¾ cup shredded Monterey Jack or sharp cheddar cheese (about 3 ounces)

1 ounce (2 tablespoons) cream cheese

1 teaspoon finely chopped garlic, or cloves from ½ head roasted garlic (page 134)

½ cup chopped fresh cilantro

1 teaspoon fine sea salt

½ teaspoon fresh ground black pepper

Sliced fresh chives and/or chopped fresh cilantro, for garnish (optional)

Marinara sauce, warmed, for serving (optional)

M
L H
KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
301	22.4g	21.8g	2.5g	0g
	68%	29%	3%	

VARIATION: TACO BREAKFAST M

To shorten the cooking time, bake as i muffin pan and follow the recipe as w the mixture to the greased muffin cup Bake for 10 to 13 minutes, until golden the pan, then transfer the muffins to Makes 12 muffins (2 per serving).

TIP:

I brown the ground beef, combine th the skillet the night before. In the mo skillet in the oven for an easy breakf leftovers, too!

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tter over medium heat. Add
asoning and cook until the
the onions are translucent,
and stir well to combine.
oth, cheeses, garlic, oilan

nd stir to combine. Cook
eggs are just slightly set,

7 minutes, or until the
ve from the oven and
desired, garnish with
arinara sauce. Store
ge for up to 3 days.
e microwave for 30

Grease a 12-well
4. Then transfer
two-thirds full.
cool slightly in
serve warm.

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akes great

wo days ahead. As your
in a preheated oven. A

lice down one long side
e the membranes and
y small spoon. Leave a
nt hotter peppers.
ents for the filling.
lling. Wrap a slice of
e on a rimmed baking

crispy. Let cool slight-
e or serve it alongside

CHEESE PUFFS

Prep Time: 2 minutes
Cook Time: 1 minute
Yield: 2 servings

1 aged Gouda or Parmesan cheese rind, about 3½ inches wide and ½ inch thick

1 teaspoon Pizza Spice Mix (page 111) (optional)

I like to get the most out of my food. [illegible] Parmesan cheese, I don't throw out the rind—[illegible] this really tasty snack! It's super quick and [illegible] morsels also work great as croutons. (And [illegible] cheese rinds are also great for adding [illegible] done with a chunk of Parmesan, I store the rind in the [illegible] next soup-making day.)

1. Cut the cheese rind into ½-inch squares. Place the squares on a microwave-safe plate about 2 inches apart. Microwave on high for 45 to 60 seconds, until the cheese rind squares puff up to about twice their size. Remove from the microwave and allow to cool completely.
2. Sprinkle with Pizza Spice Mix, if desired, or enjoy plain. The plain puffs are great in a Caesar salad made with my Caesar Dressing (page 116).

KETO

NUTRITIONAL INFO (per serving)
Made with aged Gouda

calories	fat	protein	carbs	fiber
130	11g	8g	0g	0g
	76%	24%	0%	

NUTRITIONAL INFO (per serving)
Made with Parmesan

calories	fat	protein	carbs	fiber
111	8g	10.1g	0g	0g
	64%	36%	0%	

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Slow Cooker BEEF BARBACOA WRAPS

Prep Time: 10 minutes
Cook Time: 5 to 8 hours
Yield: 16 lettuce wraps (2 per serving) or 8 tortilla wraps (1 per serving)

BEEF BARBACOA:

1 large onion, sliced into 1-inch-thick rounds

1 (3-pound) boneless chuck roast

3 to 4 canned chipotle chiles

2 cups beef bone broth, store-bought or homemade (page 132)

⅓ cup coconut vinegar or apple cider vinegar

¼ cup lime juice

2 teaspoons finely chopped garlic, or cloves from 1 head roasted garlic (page 134)

1 teaspoon fine sea salt

1½ tablespoons chili powder

2 teaspoons dried oregano leaves

1½ teaspoons ground cumin

¼ teaspoon fresh ground black pepper

WRAPS:

16 large Boston lettuce leaves or 8 Zucchini Tortillas (page 212)

1. Place a layer of onions on the bottom of a 4- Place the roast and chiles on top of the onions. egar, and lime juice over the roast, then add spices to the slow cooker.
2. Cover and cook on low for 6 to 8 hours or on until the beef falls apart and can be shredde
3. Remove the roast and transfer it to a cutting and serve in lettuce or tortilla wraps with y

TOPPINGS (OPTIONAL):

Shredded purple cabbage

Shredded cheddar cheese (omit for dairy-free)

Sliced olives

Diced tomato

Guacamole (page 136)

Sour cream (omit for dairy-free)

Lime wedges

TIP:

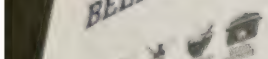
This dish is a great one to make ahead on meal. After shredding the meat, return it t and refrigerate. When ready to consume, from the fridge and heat on low for 15 to through.

NOTE:

The nutritional information below is for account for any additional accompanin such as guacamole, olives, sour cream, fat ratio.

Slow Cooker

BEEF BARBACOA WRAPS



Prep Time: 10 minutes
Cook Time: 5 to 6 hours
Yield: 16 lettuce wraps (2 per serving) or 8 tortilla wraps (1 per serving)

BEEF BARBACOA:

1 large onion, sliced into 1-inch-thick rounds

1 (3 pound) boneless chuck roast

3 to 4 canned chipotle chiles

2 cups beef bone broth, store-bought or homemade (page 132)

cup coconut vinegar or apple der vinegar

up lime juice

spoons finely chopped , or cloves from 1 head ed garlic (page 134)

oon fine sea salt

spoons chili powder

ons dried oregano

ons ground cumin

fresh ground black

lettuce leaves

ortillas (page

1. Place a layer of onions on the bottom of a 4-quart slow cooker. Place the roast and chiles on top of the onions. Pour the broth, vinegar, and lime juice over the roast, then add the garlic, salt, and spices to the slow cooker.
2. Cover and cook on low for 6 to 8 hours or on high for 5 to 6 hours, until the beef falls apart and can be shredded with a fork.
3. Remove the roast and transfer it to a cutting board. Shred the meat and serve in lettuce or tortilla wraps with your desired toppings.

TOPPINGS (OPTIONAL):

Shredded purple cabbage

Shredded cheddar cheese (omit for dairy-free)

Sliced olives

Diced tomato

Guacamole (page 136)

Sour cream (omit for dairy-free)

Lime wedges

TIP:

This dish is a great one to make ahead on a lazy Sunday for a weekday meal. After shredding the meat, return it to the slow cooker insert, cover, and refrigerate. When ready to consume, remove the slow cooker insert from the fridge and heat on low for 15 to 30 minutes to warm the meat through.

NOTE:

The nutritional information below is for the meat only. It does not account for any additional accompaniments. Higher-fat accompaniments such as guacamole, olives, sour cream, and cheese will help increase the fat ratio.

2 teaspoons
leaves

1½ teaspoons ground cumin

¼ teaspoon fresh ground black pepper

WRAPS:

16 large Boston lettuce leaves or 8 Zucchini Tortillas (page 212)

NOTE:

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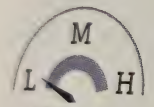

KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
388	15.2g	56.5g	2.5g	0g
	37%	60%	3%	

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Crab-Stuffed Avocados

WITH LIME

NUT FREE · DAIRY FREE · GLUTEN FREE

Prep Time: 5 minutes
Yield: 2 servings

¼ cup mayonnaise, store-bought or homemade (page 112)
3 tablespoons plus 1 teaspoon lime juice, divided
2 tablespoons diced onions
2 tablespoons chopped fresh cilantro
½ teaspoon ground cumin
¼ teaspoon fine sea salt
Pinch of fresh ground black pepper
1 (6-ounce) can crabmeat
1 ripe Haas avocado, halved, pitted, and peeled
Lime wedges, for serving
Green Goddess Dressing (page 117), for drizzling (optional)

1. In a medium bowl, combine the mayonnaise, 3 tablespoons of the lime juice, onions, cilantro, cumin, salt, and pepper. Gently fold in the crabmeat. Taste for seasoning and add more salt and pepper if desired.
2. Brush the avocado halves with the remaining 1 teaspoon of lime juice to prevent discoloration.
3. Place the avocado halves, cut side up, on plates. Mound the crab salad into each avocado half. Serve with lime wedges and drizzle with Green Goddess Dressing, if desired.

M
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KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
434	36g	11g	12g	10g
	77%	11%	12%	

Shrimp
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NUT FREE

Prep Time: 2 minu
Cook Time: 10 mi
Yield: 4 servings

GRITS:
8 large eggs
1½ cups he
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Grilled Chicken

WITH WHITE BBQ SAUCE

Prep Time: 5 minutes, plus 1 hour to marinate
Cook Time: 20 minutes
Yield: 4 servings

MARINADE:

- ½ cup MCT oil
- ½ cup coconut vinegar or apple cider vinegar
- ¼ cup chopped fresh thyme, or 2 teaspoons dried thyme leaves
- 3 tablespoons chopped onions
- 1 teaspoon finely chopped garlic, or cloves from ½ head roasted garlic (page 134)
- 1 teaspoon fine sea salt
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper

1 pound chicken legs

½ cup White BBQ Sauce (page 126), for serving

Place the ingredients for the marinade in an 8-inch square glass casserole dish and mix well. Place the chicken in the dish and turn to coat well in the marinade. Cover and place in the refrigerator to marinate for at least an hour or overnight.

When you're ready to grill the chicken, preheat a grill to high heat. Remove the chicken from the marinade and allow it to come to room temperature while the grill is heating up; discard the marinade.

3 If using a charcoal grill, after the briquettes are heated, move them to one side of the grill so you have both direct and indirect heat. Grease the grate so the chicken doesn't stick. Grill the chicken over direct heat until golden brown all over, about 2 minutes per side. Move the chicken to the part of the grill that doesn't have direct heat below it. If using a gas grill, reduce the heat to low. Cook the chicken for an additional 15 minutes, or until the juices run clear and the internal temperature reaches 165°F.

4 Remove from the heat and serve with the BBQ sauce.

KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
476	41.8g	20g	5.2g	2.7g
	79%	17%	4%	

Skillet LASAGNA

Prep Time: 5 minutes
Cook Time: 10 minutes
Yield: 4 servings

1 pound 80% lean ground beef
2 teaspoons fine sea salt
1 (24-ounce) jar marinara sauce
4 thin slices roast chicken breast (from the deli counter)
1 cup shredded mozzarella cheese (about 4 ounces), divided
1 teaspoon chopped fresh oregano, for garnish

My boys adore my lasagna. Really, they would live off lasagna if I allowed it. To meet the demand, I usually make a quadruple batch of my Protein Noodle Lasagna (from my cookbook *The Art of Healthy Eating*) and store it in the freezer. When that stash of frozen lasagna runs out, I turn to this quick skillet lasagna, which I sometimes serve over Zoodles (page 308).

I'm always dreaming up new recipes that are simple and easy to make. What is really goofy is that I almost forgot to include this one in this book, and it's a family staple!

1. In a 10-inch cast-iron skillet, brown the beef over medium-high heat, seasoning it with the salt, until cooked through, about 5 minutes, breaking up the meat with a spatula as it cooks.
2. Add the marinara sauce and stir well to combine. Push half of the sautéed beef off to one side of the skillet and place a layer of sliced chicken breast on the bottom of the skillet. Top the chicken with ½ cup of the shredded cheese. Scoop the beef on top of the deli meat to create an even layer. Top with the remaining ½ cup of cheese and sprinkle with the oregano.
3. Cover and heat on low until the cheese is melted.

KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
311	16.1g	27.6g	13.3g	1.7g
	46.5%	35.6%	17%	

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MEATLOAF CUPCAKES

Prep Time: 10 minutes
Cook Time: 20 minutes
Yield: 6 servings

2 pounds 80% lean ground beef
2 large eggs, beaten
2 cups shredded pepper jack or sharp cheddar cheese (about 8 ounces)
½ cup salsa
¼ cup chopped fresh cilantro (optional; see Note)
2 teaspoons Taco Seasoning (page 110)
1 teaspoon finely chopped garlic, or cloves from ½ head roasted garlic (page 134)

FOR GARNISH:

Guacamole (page 136) or sour cream
6 cherry tomatoes

We eat with our eyes, and if you make food fun, kids are likely to enjoy it, too. This recipe is a perfect example. My son Kai adores meat. He doesn't have much of a sweet tooth, and when I asked him what he wanted for his birthday cake last year, he said meatloaf. So I made him these meatloaf cupcakes. (Because both my children, Micah, and I have a sweet tooth, I also made my Cinnamon Swirl Cheesecake from *The Ketogenic Cookbook*, making everyone happy!) If you are a visual learner like me and would like to see how simple these savory cupcakes are to make, check out the video on my site, MariaMindBodyHealth.com (type the word *video* in the search field).

1. Preheat the oven to 350°F. Generously grease a 6-well jumbo cupcake pan with coconut oil or butter.
2. In a large bowl, use your hands to mix together the ground beef, eggs, cheese, salsa, cilantro (if using), taco seasoning, and garlic. Form the mixture into six 3-inch balls and place in the wells of the cupcake pan.
3. Bake for approximately 20 minutes, or until the internal temperature reaches 160°F.
4. Remove from the oven and top with guacamole or sour cream for the frosting and a cherry tomato!

NOTE:

I like to use fresh herbs in meat mixtures to add lots of phytonutrients. Cilantro in particular is a superfood that has tons of nutrients.

SINGLE SERVING OPTION

To make one or more single servings, have on hand six 8-ounce ramekins or cups. After forming the mixture into 3-inch balls in Step 2 above, place them in the greased ramekins or cups. Bake one or more servings as needed throughout the week for easy lunches or dinners. (A toaster oven works great here!) Garnish with guacamole or sour cream and a cherry tomato. The unbaked cupcakes will keep, covered, in the refrigerator for up to 5 days.

M
L H
KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
430	29.8g	39.2g	1.2g	0.6g
	63%	36%	1%	

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y son Kai adores sa-
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Broccoli CARBONARA

Prep Time: 10 minutes
Cook Time: 10 minutes
Yield: 2 servings

1 large head broccoli

4 slices thick-cut bacon, cut into ¼-inch dice

¼ cup chopped onions

½ teaspoon finely chopped garlic, or 3 cloves roasted garlic (page 134)

¼ cup grated Parmesan cheese (about 1 ounce)

2 large eggs, beaten

Fine sea salt and fresh ground black pepper

1. Slice the florets off the broccoli stem, leaving as much of the stem intact as possible. (Reserve the florets for another recipe.)
2. Trim the bottom end of the broccoli stem so that it is evenly flat. Using a spiral slicer, cut the broccoli stem into "noodles."
3. Fry the bacon in a large cast-iron skillet over medium heat until crisp.
4. Remove the bacon pieces and set aside, keeping the bacon drippings in the pan.
5. Add the "noodles," onions, and garlic to the pan with the bacon drippings and cook over medium heat until the onions are translucent and the noodles are soft, about 4 minutes.
6. Return the bacon to the skillet. Stir well to combine and heat through. Add the Parmesan and toss until the cheese is melted. Add the beaten eggs and cook until the eggs are just set, tossing constantly with tongs or a large fork. Season with salt and pepper, tasting first to check the salt level, as the cheese adds quite a bit of saltiness to the dish. Serve immediately.

Special Equipment
Spiral slicer

M
L H
KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
216	12.3g	19g	8g	2.7g
	51%	35%	14%	

Pizza STICKS

Prep Time: 7 minutes
Cook Time: 20 minutes
Yield: 4 servings

CRUST:

1 (8-ounce) package cream cheese, room temperature

2 large eggs

1 teaspoon finely chopped garlic

¼ cup grated Parmesan cheese (about 1 ounce)

TOPPINGS:

1 cup pizza sauce

1 cup shredded mozzarella cheese (about 4 ounces)

Additional toppings of choice, such as ¼ cup diced green bell pepper or diced onion (optional)

2 tablespoons Pizza Spice Mix (page 111)

If you are a visual learner like me and would like to see how simple these pizza sticks are to make, check out the video on my site, MariaMindBodyHealth.com (type the word *video* in the search field).

1. Preheat the oven to 375°F. Line a 9-by-13-inch baking dish or 9-inch pie plate with parchment paper and lightly grease. (Make sure to use a dish with sides because the crust dough has the consistency of batter.)
2. In a large bowl, combine the cream cheese, eggs, garlic, and Parmesan cheese with a handheld mixer. Spread into the greased pan. Prebake for 10 minutes, or until golden brown. Allow the crust to cool for 2 minutes.
3. Ladle the pizza sauce over the crust. Top evenly with the mozzarella cheese and additional pizza toppings (if using). Sprinkle on the spice mix.
4. Bake the pizza until crisp and golden, about 10 minutes. Remove from the oven, slice into sticks, and serve.

TIP:

For a vegetarian meal that serves 2, divide the sticks between 2 plates and serve with a green salad tossed with the vegetarian keto dressing of your choice (pages 116 to 121).

KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
372	30.8g	18.8g	6.2g	0.5g
	74%	20%	6%	

Fresh Orange CREAM BITES

Prep Time: 5 minutes, plus 30 minutes to freeze
Yield: 6 servings

2 cups heavy cream (see Note)
2 to 4 tablespoons Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37) (depending on desired sweetness)
½ teaspoon vanilla extract, or a few drops of vanilla oil
½ teaspoon orange extract, or a few drops of orange oil
2 teaspoons grated orange zest, for garnish (optional)

Special Equipment:
Whipped cream canister (optional)

To use a whipped cream canister: Place all the ingredients but the zest in a whipped cream canister and operate following the manufacturer's instructions.

To whip using a bowl and mixer: Chill a large stainless-steel bowl and beaters in the freezer until cold. Place the cream in the cold bowl and whip, using a handheld mixer, until medium-stiff peaks form. Add the sweetener and extracts and beat to combine.

3. Scoop the whipped cream into a piping bag with a tip. Alternatively, scoop it into a large resealable plastic bag and snip ¼ inch off one of the corners of the bag.
4. Line a baking sheet with parchment paper. Squirt or pipe 2-tablespoon amounts of the whipped cream onto the paper, about ½ inch apart. Garnish with orange zest, if desired.
5. Place in the freezer until frozen, about 30 minutes.
6. Store in an airtight container in the freezer for up to 1 month, if they last that long!

NOTE:

When purchasing cream, do not buy ultra-pasteurized, which means that the cream has been subjected to very high heat. This type of cream tends not to whip up as well.

M
L H
KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
138	14.8g	0.8g	0.8g	0g
	96%	2%	2%	

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Strawberry CHEESECAKE IN JARS

Prep Time: 5 minutes, plus 2 hours to set
Cook Time: 5 minutes
Yield: 6 servings

¼ cup strong-brewed hot strawberry or hibiscus tea (see Note)

½ tablespoon grass-fed powdered gelatin (see Tips)

1 (8-ounce) package cream cheese, softened, or mascarpone cheese

1 cup unsweetened (unflavored or vanilla) almond milk, store-bought or homemade (page 131) (or heavy cream for nut-free)

¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37) (or to desired sweetness)

1 teaspoon strawberry extract

Pinch of fine sea salt

CHOCOLATE DRIZZLE (OPTIONAL):

3 tablespoons unsalted butter or coconut oil

3 tablespoons unsweetened cocoa powder

2 tablespoons Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37) (or to desired sweetness)

½ teaspoon strawberry extract

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
220	21.3g	3.4g	5.4g	1.7g
	86%	5%	9%	

This dessert is so easy to make, yet it is very elegant when served in cute cups. It is sure to impress even non-keto guests.

1. Place the tea in a small heatproof bowl. Sift the gelatin over the tea and whisk until dissolved.
2. Place the cream cheese in a bowl and mix with handheld mixer until smooth and no lumps remain. Pour in the gelatin mixture, almond milk, sweetener, strawberry extract, and salt and mix until very smooth.
3. Pour into 6 cute serving cups. Cover and place in the fridge to set, about 2 hours.
4. Meanwhile, make the chocolate drizzle (if using): Melt the butter over low heat. Stir in the cocoa powder, sweetener, and extract until completely melted. Let cool to room temperature before using.
5. Pour 1 tablespoon of the chocolate drizzle over each cup just before serving. Store in the fridge until ready to serve. Serve the same day it is made.

NOTE:

If you do not have strawberry or hibiscus tea, you may substitute warm unflavored or vanilla almond milk, store-bought or homemade (page 131), or warm unflavored or vanilla hemp milk.

TIPS:

Using gelatin is an easy way to make tasty treats, but foods made with gelatin can easily get too rubbery if they sit in the fridge overnight. If you plan on making this recipe ahead of time and not serving it the same day, I suggest using ¼ teaspoon less gelatin than called for; this quantity will create a perfect creamy texture even after a day or two in the fridge.

Using less gelatin, this dessert can be made 3 days ahead and kept in the fridge.

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Orange Cream PUSH POPS

NUT-FREE · OPTION DAIRY-FREE · OPTION VEGETARIAN · VIDEO

Prep Time: 5 minutes, plus 2 hours to freeze
Yield: 4 pops (1 per serving)

1 teaspoon vanilla extract, or seeds scraped from 1 vanilla bean (about 6 inches long)

4 ounces (½ cup) cream cheese, softened (or ½ cup coconut cream for dairy-free)

1¼ cups unsweetened vanilla-flavored almond milk, store-bought or homemade (page 131) (or unsweetened vanilla-flavored hemp milk for nut-free)

¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37)

1 teaspoon orange extract or 2 drops orange oil

¼ teaspoon fine sea salt

Special Equipment:

4 push pop molds

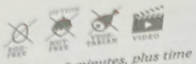
These are a summertime staple at our house. In the evenings, you can often find us riding bikes on country roads with the boys enjoying these push pops in the pull-behind. If you would like to see how easy they are to make, check out the video I made with my boys on my site, MariaMindBodyHealth.com (type the word *video* in the search field).

1. Place the ingredients in a blender and puree until smooth.
2. Pour the mixture into 4 push pop molds and freeze for at least 2 hours before serving. Store covered in the freezer for up to 1 month.

M L H KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
99	9.9g	2.1g	0.8g	0g
	90%	7.8%	2.2%	

Egg-Free ICE CREAM



Prep Time: 5 minutes, plus time to churn (varies according to machine)

Yield: 5½ cups (⅓ cup per serving)

2 avocados, halved, pitted, and peeled

1 cup unsweetened (unflavored or vanilla) almond milk, store-bought or homemade (page 131) (or unsweetened [unflavored or vanilla] hemp milk for nut-free)

1 cup heavy cream

½ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener (see page 37)

1 tablespoon lime or lemon juice

1 teaspoon mint extract or a few drops of mint oil (or other flavored extract or oil of choice)

½ teaspoon fine sea salt

Special Equipment:

Ice cream maker

I usually flavor this ice cream with mint extract, but you can use it as a base for any flavor of egg-free ice cream you like: simply swap the mint extract or oil for another flavor. If you are a visual learner like me, you can watch a video of me making this dessert on my site, MariaMindBodyHealth.com (type the word *video* in the search field).

1. Place all the ingredients in a blender and puree until smooth.
2. Pour into an ice cream maker and churn, following the manufacturer's instructions, until set. Serve immediately or transfer to a container and freeze for up to 1 month. Once frozen, allow the ice cream to soften at room temperature for 15 minutes before serving.

VARIATION: EGG-FREE CREAMY POPSICLES. *If you don't have an ice cream maker, pour the liquid into 16 Popsicle molds and freeze for at least 3 hours, or until set. Store covered in the freezer for up to 1 month.*

M
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KETO

NUTRITIONAL INFO (per serving)				
calories	fat	protein	carbs	fiber
225	20.9g	1.9g	8.7g	6.8g
	83%	3%	14%	

Dana Carpender
New Carb & Calorie Counter
978-1-59233-429-2
of seven book
the best